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AN
E S S A Y
ON THE
G O U T,
John AND ALL *Nash*
GOUTY AFFECTIONS
Incident to affect MANKIND.

COMPRIZING

The various NATURES, SYMPTOMS, and CAUSES, thro' every Branch and Stage of the Disease; demonstrating, in the clearest Manner, that the AIR, DIET, and EXERCISE, when rightly adjusted, are Remedies the most sovereignly efficacious, both to assuage the gouty Pains, and relieve the Disease, under all its various Changes.

To which is prefixed,

A brief, historical Discourse, concerning the great Antiquity of the Gout; proving, from incontestable Authorities, that it is a Disease chiefly confined to those Countries, Climates, and People, where Vice, Wealth, and Luxury, greatly prevail and abound.

By NICHOLAS ROBINSON, M.D.
Member of the Royal College of Physicians, and
Physician to *Christ's Hospital, London.*

*Ita a Natura factus atque dispositus sum, ut quod Temporis alii
Libris legendis, id ego omne Meditationi & Praxi dare soleam;
neque tam quæram, an alii eadem Mecum asserant, quam utrum
quæ ego trado, cum Veritate & Legibus Naturæ consentiant.*

SYDEN.

L O N D O N :

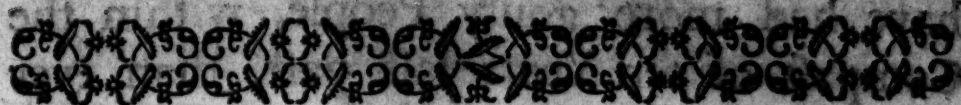
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COUNTY OF DISTRICT OF COLUMBIA
IN SENATE

1875



THE

PREFACE.

I HAD so copiously enlarged, in the *Introductory Discourse*, concerning the Pre-requisites necessary, to give the Reader a just Idea of the Design I had in view, in publishing the following Work, that I could not conceive any Preface necessary, till my Bookseller told me, it was so unusual for a medical Treatise, to appear in the World without one; that he apprehended, the very Omission would prejudice the Public against the Book, especially as it was upon a Subject of so great Importance to Mankind.

THOSE that seriously reflect upon the Progress of Diseases, and well consider the Effects, and Consequences they have had upon mortal Bodies, must be sensible, that the Gout, of late Years, has mightily encreased amongst us here in *England*; and that we

have had more gouty People, within the Compass of ten Years last past, than ever were known before, in so short a Period of Time.

IF we examine into the Grounds of this Change, and attempt to discover the Reason, why this Disease should make more Havock amongst Mankind in these Days, than heretofore, it will be difficult to assign any other Cause, than the greater Advances we have made, in all the luxurious Arts of Life; and therefore, when I perceived Medicines to fail, and little Relief was to be expected, from the Administration of quack Powders, Tinctures, and Elixirs; I cast about with myself to discover, whether it was not possible, so to temper the Air, Diet, and Exercise, that those three grand, capital Restorers of Nature, might be made salutary, not only to relieve the Pains, but also to facilitate the Cure of the Gout itself; for this is to eradicate the Cause, the very Way that Nature would take, in Case she were left to herself.

BUT before we can proceed to relieve either the gouty Symptoms, or a Disease so pernicious to Mankind, it is highly necessary

The P R E F A C E. v

fary, that we should attempt to discover the true and genuine Cause of the Disease; and this we have derived from the very Fountain of all chronic Diseases, that is, the Indigestions of the Stomach, and Viscera, and the Salts of the Blood, as they happen to be redundant in that Fluid: For, in the Gout, the Constitution is the grand Point of all to be regarded in the Cure; and without the Digestion be good, the Circulation free, and Perspiration open, all will avail little to the Relief of the Patient: And the good Success I experienced in prescribing little Medicine, and advising the Patient to prosecute his Relief, from a proper Air, Diet, and Exercise, was the chief Reason that prevailed upon me to publish the following Treatise.

AND as I write from Experience, and wholly follow the Dictates of Nature, thro' all the following Pages, so I was apprehensive, that divers Gentlemen would be displeased with the Liberties and Freedoms I have taken: For, in describing the Symptoms, various Causes, and Events of the Gout, I often choose to express myself, in the very Language the Patient was wont to utter, while the agonizing Pains were upon him.

I AM fully persuaded, that the sole Reason why Physicians hitherto have been so frequently baffled, in attempting to relieve the Gout, has arisen from their not properly considering the true and real Cause of the Disease; and as there is nothing in the Fluids of a Man's Body, besides Salt, Phlegm, and Blood; and as it is impossible that any Excess of either Blood or Phlegm, can be the Cause, so I conclude, that the Cohesions of the saline Corpuscles is the sole Cause of the Obstructions, and the Reason why the Pain, Inflammation, and Tumour, are increased upon the affected Organs, and so sensibly affect the gouty Parts.

I AM very sensible, that this Work will raise different Passions, in two different People; for the ill-natured Critic will cavil, and censure me for too servilely copying divers Passages of this Discourse, from the Symptoms and Causes, as they affect the Patient: And those, that suffer under the Tyranny of this Disease, will mightily rejoice to see the Gout so naturally touched, and the Cause and Symptoms so exactly handled and described; for I am perfectly assured, that our Success in Practice does not so much arise from great Reading,

Reading, as a thorough Knowledge of Nature, grounded upon Experience, Observation, and Matter of Fact; for what we read is only the Sentiments of other Authors upon the Subject; but what we observe and practise, is a Knowledge derived from the very Fountain of Nature, and therefore may most properly be called a practical Experience.

THE great *Hippocrates* very finely observes, in his Book of antient Medicines, that ignorant Pretenders to Physic are not discoverable in trivial and flight Cases, but in great and stubborn Diseases, where the Obstructions are powerful, the Symptoms raging, and the Events doubtful; this judicious Man draws the Parallel between a bad Pilot, and an ignorant Physician, in a very beautiful Contrast. “A very sorry Pilot, as he there goes on, knows how to steer a Ship in fair Weather, while the Seas are smooth, the Air calm, and the Coast clear of Danger; but when the Winds blow, the Waves roar, and the Rocks or Shelves are near, then the Ignorance of the Pilot is notoriously visible to all the Crew; and Peoples Lives, through his shameful Insufficiency to direct the Ship, are exposed to imminent Hazard; so, in
Physic,

Physic, a superficial Knowledge may qualify a Person to cure a Flux, or slight feverish Indisposition, that perhaps might go off of themselves, or be relieved by the Strength of Nature, but the true Test of a judicious Physician is then only discerned, in great, vehement, and dangerous Cases, when the Disease is epidemical, or the Gout happens to be lodged in the Stomach, Head, or some other capital Organ, and attended with all the Rage and Fury of distracting Symptoms."

THUS much I could not but think proper to declare, in the Beginning of this Treatise, that the Reader may be sensible of the little Regard, I desire him to pay the following Observations, in Case he perceives them not perfectly to correspond with the Nature of the Gout, and the Reason and Grounds of its Cause and Symptoms.



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AN
ESSAY

ON THE
GOUT
AND ALL

GOUTY AFFECTIONS, &c.



THE
Introductory Discourse.

WHEN a Man comes into the
World, he at the same Time en-
ters upon all the Afflictions and
Miseries of Life: These are his
allotted Portion as a Man; so that he may as
well strive to oppose his own Nature, and
run away from himself, as attempt to avoid
those

those Ills and Calamities which are sure to afflict him, in whatever Station he happens to be placed: But amongst all the Miseries incident to disturb the Peace of Mortals, there are few that so sensibly touch Mankind, as those that proceed from the Gout, and inseparably accompany the regular, fixed Paroxysm.

I CONFESS Physicians have long been divided in their Sentiments concerning the true Nature, the real Cause, and the properest Indications necessary to relieve this deplorable Evil; a Disease that imbitters the pleasantest Scenes of Life, and renders even the most desirable Situation grievous to bear; especially when a Person is advanced in Years, and, in the Course of the Disease, is obliged to undergo many restless Nights and tedious Days; harrassed with Pains, dejected with Watchings, and almost worn out with the frequent Returns of the gouty Fits.

FOR these Reasons I shall pay little Regard to other Writers upon this Subject, farther than as they steadily pursue the Principles of Truth, and strictly adhere to the genuine Dictates of Nature: For my avowed Design, thro' all this Work, is to deliver my own Sentiments upon the Gout; and to assist the Reader with
those

those Indications and Remedies, that have fallen under my Inspection as a Physician, during the Course of almost thirty Years Practice.

NOR should I have given myself the Trouble of this Discourse, had I not been made very sensible of the fatal Effects of divers pretended Specifics advised in the Cure of the Gout; and which, when applied, often prove deadly Engines in the Hands of poor, ignorant, illiterate People: For these Advisers ought to know, that Medicines highly valuable and proper, in the Beginning of the Gout, are often pernicious, if given in the Decline or Close of the same Disease: And that those Remedies that extremely well agree in the Close of the gouty Paroxysm, shall prove highly detrimental, and in some Cases fatal, if administered in the Beginning and Progress of the same Affection.

FOR the Gout is a Disease, that arises from Causes the most active in Nature; and therefore Medicines either improperly given, or administered at unseasonable Times, must necessarily put the gouty Cause in Motion, repel the gouty Humour, and consequently endanger the Life of the Patient.

I KNOW divers Persons, who are extremely averse to tampering, as they call it, in the

4. *An ESSAY on the GOUT.*

Gout, or doing any Thing that may mitigate, or assuage their painful Dolors: These Men look upon the Gout as a Disease, that will have its Course; and do what you please, the best and safest Method we can follow, is to advise the Patient to a temperate Diet, warm Flannels, drinking warm Water-gruel, and now and then a Glass of generous Wine, to relieve the oppressed Spirits and recruit Nature. I confess it is pretty difficult to be able to reason some People out of their Prejudices; and therefore, if there be any of this Complexion and Temper, they may continue to enjoy their own Thoughts; and, with the great *Sydenham*, solace and comfort themselves; “*Quòd ita vixerunt, atque ita tandem Mortem obierunt, Magni Reges, Dynastæ, Exercituum, Classiumque Duces, Philosophi, aliique, his similes, non pauci*.*” However, as this Disease, more than any other, is wont to afflict the noblest Patricians, and Persons of the greatest Rank and Figure in Life; so it is often a sad and melancholy Consideration to reflect, that sometimes the Affairs of a Nation are obliged to stand still, because the prime Minister, for the present, happens to be laid up with a severe Fit of the Gout;

* *Sydenham de Podagra*, page 18.

the Business in Parliament obliged to be put off, from a gouty Paroxysm afflicting the Speaker, or leading Men of either House: And sometimes (which is of the last Importance) when the best Measures have been concerted, the most favourable Conjunctions brought to a Crisis, and the Battle better than half won; how has the Fate of the Engagement been obliged to be put off, only because the General in Chief had the Misfortune to be unseasonably attacked with a raging Fit of the Gout: I say, when Things fall out thus untowardly, then the Gout is not only extremely embarrassing to Individuals, but proves also highly detrimental to the Affairs of State, and the Welfare of a whole People. For this Disease generally shuns the low, beggarly Cottages of poor, mean, indigent People; and flies to the Courts and Palaces of the Lords and Generals, of the Princes and Potentates of the Earth, who live in Magnificence, regale in Splendor, and fare delicately every Day.

AND therefore it seems necessary, that these Gentlemen of high Birth, Character, and Fortune, should a little taste the Acid of Life, that they may better know, how to compassionate the Afflictions and Calamities of others, from

the Miseries they themselves are obliged to suffer; for the gouty Paroxysm is full as painful on a Cloth of Tissue, as on a Flock Bed; and the Lord and General often suffer more severe Twinges and Impressions, under a gouty Fit, than those that sojourn in a lower Sphere of Life.

BUT here it may be asked? How it happens, that the Cure of the Gout in our Days, and Ages long before our Times, is, and has been stiled, *The Opprobrium Medicorum*; or, *The Scandal of the Profession*: To this I answer; That, of all the Arts and Sciences, the Profession of Physic must be acknowledged hitherto to have made the least Progress and Advancement, while most other Arts and Sciences, some-how or other, are almost come to their Perfection; for in this last Age, not only the Principles of natural Philosophy have been clearly ascertained, from Experiments, Observations, and Matters of Fact; but the Laws of Astronomy, and the Revolutions of the planetary Bodies, have been calculated to a very surprising Exactness: So that it is not only the Cause of the Gout that lies thus hid in Darkness and Obscurity; but the Principles of Medicine, in general, have met with little better Success: And hence it appears, that the Cause
and

and Cure of Diseases are so imperfectly known, that, with all the Light let in upon this noble Subject, from the Discoveries of the last and present Age, yet medical Knowledge seems still in its Infancy, and scarce to have emerged out of its swadling Clothes.

Now, whether this uncertain and perplexed State of Physic, arises from the Subject itself, of its own Nature dark and intricate; or is owing to the Imbecility of human Judgment, not naturally fitted to penetrate such sublime Mysteries; or these Defects in Medicine are to be ascribed to the Negligence of Professors, who do not sufficiently apply their Faculties to a Discovery of the Causes of Diseases, I will not take upon me to determine; But of this I am well assured: That somewhat of this Ignorance is owing to the wrong Measures we pursue in the Study of Diseases; more to an affected Ignorance, in presuming the primary or immediate Cause to be above the Reach of Man's Genius to discover; and most of all to an affected Pride, and lazy Indolence, that in this licentious Age has taken such fast hold of Men's Faculties, as scarce to suffer them to engage upon any great and noble Enterprize.

FOR with Eagerness we embrace the Discovery of any notable Event, and gape and stare, and are often astonished at the Newness of the Phenomenon, but seldom consider to what farther Uses and Purposes of Life, the said Discovery may be applied: This is the Reason why the Circulation of the Blood remained a profound Secret, from the Foundation of the World, till near the Middle of the last Century; and but for our Countryman, Dr *Hervey* (who at that Time exerted an uncommon Genius) in all likelihood would have continued in Darkeness for Ages yet to come: And yet upon narrowly inspecting the Constitution of animal Bodies, there appears so many visible Phænomena, in Favour of the Circulation, that it must be surprizing to any sober Enquirer (but lightly skilled in Anatomy) that our Ancestors did not stumble upon it long before,

NOR could any Thing else, but Men's Inattention to the obvious Laws of the animal Oeconomy, have so long prevented its Discovery; for every Time a Man was let Blood, the Person who bound up his Arm, had a visible Experiment to convince him, that this Fluid was returned from the Extremities of the Body to the Heart, by the Veins, from the Swelling

Swelling of these Vessels beneath the Ligature: And from hence the Inference was easy to make; that then the Blood must necessarily be driven again from the Heart, by a Course of Vessels distinct from those that brought it thither, that is, the Arteries: This is the naked Fact. This Explanation of the Blood's Motion is supported from both Experience, Observation, and Matter of Fact; and tho' this Experiment all along lay upon the Surface of Nature, and was continually in View of every one that bled a Person, yet, before the learned *Hervey* made the Discovery, not any single Man's Reflections ever reached so far: However, when once the Circulation was thoroughly established, the Thing appeared so visible to the common Sense of Mankind, that every Body was surpris'd, he himself was not the first Author of so glaring a Discovery.

AND who knows but that a specific Remedy, as effectual in the Cure of the Gout, as the *Peruvian* Bark is in intermittent Fevers, may lie as obvious and visible in the Surface of Nature, as the Circulation did before its Discovery, and only want some superior Genius to rise up in the present Age to make the invaluable Secret known, for the Benefit of those, that suffer under the Tyranny of the Gout,

Gout, and the Embarrassment of divers other chronic Diseases; for I am fully persuaded, that such a Remedy, whenever discovered, will not only be specific in the Gout itself, but, like the *Peruvian Bark*, extend its sovereign Influence to the Stone, Rheumatism, and divers other Diseases of a similar Nature.

BUT it is our Misfortune, that those Things which lie most level to our Capacities, and easiest fall in with our Conceptions of Things, are often farthest from our Thoughts, and make the least Impression upon our intellectual Powers; whereby we often lose the Benefit of divers Things, that are of the last Importance to our Health, Welfare, and Happiness of Life.

Now what though we are not so happy, as to discover a specific Remedy in the Cure of the Gout; yet still it is a great Satisfaction that we better know the Nature and Cause of the Disease in these Times, than were discoverable in former Ages; and consequently know better, in what Class of Medicines we ought to search for this invaluable Secret: And I judge from the visible Effects of the gouty Cause, that a specific Medicine must consist of soft, oleose, balsamic Properties, that, in the gouty Fit, may soften the Parts,
sheath

sheath the Asperities of the acrimonious Salts, and oblige the saline Cause to breath forth, through the cuticular Pores, by Perspiration; nor must its Virtues terminate here, but contain somewhat of a cordial, bitter Subastringency that, after the Fit is over, may strengthen the Stomach, gently contract the Fibres of the gouty Organs; and restore the Tone of the affected Muscles, to their former Vigour again: And this is the Reason why I always prescribe, in the Fit, soft, oleose, balsamic Medicines, with those that promote Perspiration; and reserve those Remedies, that strengthen and restore the gouty Organs, till after the Pain is over, and the Patient is perfectly freed from his gouty Dolors.

BUT whatever Boasts our modern Quacks and Empirics may make, concerning the Efficacy of their Elixirs, Tinctures, and other infallible Nostrums for the Gout; yet I am fully persuaded, that no sure and certain Specific has hitherto been discovered, that will safely eradicate this Disease, and totally prevent all future Returns of the gouty Paroxysm; for the Secrets of the great Ocean have been explored; the most valuable Aromatics and Spices of *Asia* and *Arabia* distilled, and all the Powers of Nature, in every Part of the
Globe,

Globe, ransacked to discover this invaluable Blessing, but hitherto in vain; for though now and then some Good has been done, by these pretended Remedies, yet divers have received great Hurt; and there are several that have had Reason to curse the Day, they ever made use of such fallacious Medicines.

IN fine, the Cause and Cure of Diseases are Subjects so involved, that the most consummate Knowledge and Experience are highly necessary to adjust the Indications, regulate the Non-naturals, and enable the Physician to remove the Impediments, that obstruct Nature, and embarrass the Constitution: Nor is Wisdom, Judgment, and Integrity of so great Importance, in any of the Arts or Sciences, as in this of Physic; for though, in Law, I have the Misfortune, thro' the Ignorance or Inadvertency of my Solicitor, to have a Verdict given against me, and thereby lose my Estate; yet, if any Mistakes of Consequence appear upon the Pleadings, I may pray a new Trial; and upon a Rehearing of my Cause, have the Possession of my Estate restored to me again: But if the Physician, in visiting the Sick, mistakes the Disease, and the Patient happens to die through his Ignorance or Inattention to his Duty; then

then not all the Powers in Nature can restore his Life : He is lost and gone for ever ; and beyond all Power of Redemption ; for the Grave covers all Faults ; nor can dead Men tell who hurt them.

S E C T. I.

Containing a brief, historical Discourse, concerning the great Antiquity of the Gout ; demonstrating that this Joint-Evil, in all Ages, has been an occasional Disease, chiefly affecting those Nations, Climates, and People, where Riches, Wealth, and Luxury did prevail and abound, and was not confined to any particular Region, as an endemical Disease.

BUT before we proceed to examine into the Cause of the Disease, the Force of the Symptoms, and the Principles whereon a Paroxysm is formed, it is highly necessary that we first attempt to explore the Origin of the Gout, and the Period of Time, from whence we may date its first Existence in Nature ; for we often find as much Darkness and Obscurity in tracing out the Beginning of a Disease, as we do in attempting to discover

cover the first People of a Country; or who were the first Inhabitants, that chose out and settled in those Regions, their Posterity now possess and enjoy; for most new Comers, in the Infancy of their Settlements, are so taken up in viewing the Situation of the Place; the Nature of the Soil, and the Improvements that may be made for the Benefit of Trade and Commerce, that they have little Time to spare for Letters, Antiquities, and Records: And this is the Reason, why their Descendants are often at a Loss, to discover the Fatigues and Difficulties their Ancestors first encountered, in making their new Settlements.

Now what we have said, concerning the Rise of new Colonies, may properly enough be applied to the Gout; for though in sacred, as well as profane History, we discover this Disease very early in the Accounts of Time; yet we have not been able, from any Records, to trace it up to the fountain Head, or discover, who was the first gouty Person; and in what Climate, the Disease first encountered the Individuals of the human Nature: For we know very well, that divers Diseases are so inseparably annexed to certain Climes and People, that they never make Excursions
into

into distant Countries, unless transported to those Places by Trade and Commerce.

THUS it appears, that the Small-Pox is endemical amongst the *Arabians*; the Leprosy most rife in *Egypt*, and amongst the People of the East; Consumptions very general here in *England*; and the Itch, Scurvy, and Scab, are Diseases inseparably attached to most of the northern Climates: However, the Gout is an Exception to most other Diseases, and seems not to be the Product of any one Country, Climate, or People through the World, but rather, in every Nation, is generated *de novo*; and increases and diffuses itself every where, as Riches, Luxury, and Vice prevail: And tho' divers Diseases have had their Times, Periods, and Dissolutions; yet the Gout has stood its Ground through all Ages, and is a Disease so very ancient, that the oldest Physicians treat it as a Disease of great Antiquity, even in the Age they lived; for **Hippocrates* speaks of the Gout as an Affection very familiar amongst the *Greeks*, even in his Times.

Now though the Authority of *Hippocrates*, is of somewhat more than two thousand Years standing; yet we have a Record, that mentions a gouty Person, still higher up in Anti-

* Hip. Lib. VI. Aphor. 55.

quity,

quity, than even *Hippocrates* himself : It is the Case of *Asa* King of *Judah*, whose Disease undoubtedly was the Gout, although the sacred Writers do not expressly call it by that Name, or use any Word, that, in an especial manner, implies that Disease ; yet, from all the concurring Circumstances, attending the King's Illness, it visibly appears to have been that peculiar Affection, we at this Day call the Podagra or Gout in the Feet ; for it is expressly said, *That King Asa, in the Time of his old Age, was diseased in his Feet †. And the Disease increased upon him, till it was exceeding great or painful ‡* : From this additional Passage, in the Second Book of *Chronicles*, I infer ; That as the King advanced in Years, the Disease became inveterate, and generated Nodes and Tophs in the Joints of his Hams, Legs and Feet, that rendered that Prince a Cripple, and unable to walk : This is an Instance of a gouty Person near five hundred Years older than *Hippocrates* himself ; for *Asa* the King began his Reign in the Æra of the World 3049 ; so that this Period is above nine hundred Years before the Incarnation of Christ, and consequently somewhat more than four hundred and fifty before the Time, that

† 1 Kings xv. 23.

‡ 2 Chron. xvi. 12.

Hippocrates

Hippocrates flourished in *Greece*: However, by this I would not be understood, as if I supposed, that even *Aſa* himself was the first Martyr to the Gout; I only judge him the first Person we have upon Record, that suffered under the Tyranny of this Disease.

THUS it appears, that both sacred and profane Writers take Notice of the Gout, as a Disease very early amongst Mortals; and they go as far back for this Discovery, as we have any Records existing in Time; from whence I conclude, that it was almost as old as the Creation; and for any thing we can know, might be one of the first Diseases, that afflicted Mankind after the Fall: But though the precise Origin of the Gout, is perhaps as inscrutable to us Moderns, as was the fountain Head of the River *Nile*, amongst the Antients, yet, from the Writers of various Ages, and different Countries, we have the highest Reason to conclude: That the same unalterable Lineaments, the same Symptoms and Causes of Diseases, disturb and harass the Peace of Mortals, at this very Day, that were wont to afflict them near three thousand Years ago: And as the Symptoms, Causes, and Effects of Diseases, are the same now, that they were formerly, so the Principles

C

ples and Indications of Cure are not different in our Days, from what they were in the more early Times of our Ancestors; and therefore, if the Physician knows how to distinguish the Gout, how to discover the Causes, and when, how, and what to administer, there is no Question to be made, but that in divers Cases he will be able to do much Good; and, in the most perplexing Paroxysms, give great Relief to the suffering Patient.

IN short, the Gout is not only a Disease of the greatest Antiquity, and taken Notice of by the most ancient Authors, but also mentioned by the great Physicians of the lower Ages, as *Galen, Ætius, Trallianus, Oribasius, Paulus, Aretæus, Cælius Aurelianus*, and *Celsus the Roman Hippocrates*: These all have written upon the Gout, and treated it as a Disease most familiar in their Times.

NOR is the Gout more ancient than universal; for it is neither confined to Time, Place, or Persons, but is the Disease of all Ages, Countries, and Constitutions, where the People leave off the manly Exercises of Riding, Wrestling, and Hunting; and barter their old, frugal, spare Way of Living, for the Vices, that Pride, Luxury, and Gluttony.

tony bring upon Mankind; for we discover the Gout amongst the * *Egyptians, Indians, Japonese*, and other Countries of the *East*; where their principal Method of Cure is accomplished by cauterizing the Part †: Some apply the Acupuncture, and others burn with Moxa ‡: But these Methods, though attempted by some People of Consequence, here amongst us, yet upon Trial appeared not to answer the Purpose, and therefore never came into general Esteem.

Now, though we discover the Gout to be a Disease diffused over most Parts of the Earth, and that there is scarce a People within the Purlieus of Nature (where the Arts of Pride and Luxury abound) untinged with some Touches of its Tyranny; yet it does not appear to have got that Footing, nor made those Ravages amongst the *Romans*, that it formerly had done in *Greece*; for *Pliny*, in his *Natural History*, observes §, That the Gout then (speaking of his own Times) was not the Disease of the *Romans*, nor did it ever much prevail either amongst their immedi-

* Prosper. Alpin. de Medicin. Ægypt.

† Herman Buffschof. Tract. de Podagra.

‡ Wilhel. ten Rhyne de Arthritid.

§ Plin. Lib. xxvi. Cap. xi.

ate Forefathers, or those that lived higher up in Antiquity; for had it been a Disease familiar to the Grandees of *Rome*, there can be no Question, but that the Physicians, Poets, or Philosophers, would, long ere *Pliny's* Time, have furnished out a proper, classical Term, more accommodated to express the Disease, than any they had in that Age; but as there appears no Trace of a Name, but what was familiar amongst the *Greeks*, so the learned Historian concludes, that the Gout was a Disease not very general amongst their Ancestors.

Now whether this Exemption amongst the *Romans*, was owing to their vigorous Exercises, that dissolved the Salts of the Blood, and dissipated the Cause of the Gout, by profuse Sweats, or to their frequent use of warm Bathing, that obliged the Humours to dissolve, to melt down, and go off by an enlarged Perspiration, before the Grounds of a regular Fit could be formed, I shall not take upon me to determine; but so the Thing was in Fact: And therefore *Celsus**, the best of the *Roman* medical Writers, in his Discourse of the Gout, is very jejune, and has said little upon this Head, but what he copied

* Lib. IV. Cap. XXIV.

from the *Greek* Writers: Besides, in the Gout he never uses any other Words, but those in Vogue, as *Morbus articularis* or *Podagra*, both which are incomplete Terms, and neither fully express the Disease, nor give us a clear Idea of its Nature and Seat: And *Cicero*, in his familiar Letters, whenever he has an Occasion to speak of a gouty Person to his Friends, expresses himself according to the old Language, *Ægrotat vel laborat ex Pedibus*: He is laid up of the Gout; or labours under a Fit of the Gout, which are the very same Terms, that the vulgate Translation makes use of in the Case of *Asa* King of *Judab*.

BUT though both *Greeks* and *Romans*, from the Beginning, most commonly denominated Diseases, from the Parts affected, or the Seat of the Disease, as the most likely Means to support the Connexion of the Idea of the Disease with the Term; yet about the twelfth or thirteenth Century, a new Whim took the Heads of our *European* Physicians, whereby they derived the Gout from an imaginary Cause; and from thence assigned an imaginary Name; for before this Period the Disease, now called in *English* the Gout, was then known by no other Terms, than the *Joint-Evil*, the painful Disease of the Joints,

or the Arthritic-Disease, till these Gentlemen invented a new Cause, and supposed that Cause to arise from a hot, sharp, fiery Drop, distilling from the Brain, and superior Organs, upon the Joints of the Hands and Feet; and then they anglicised the word *Gutta*, and called it the *Gout*; from whence the *French* derived their *la Goutte*; the *Spaniards* their *Gota*; the *Italians* their *Gotta*; and from this *Gutta*, translated *the Gout*, most of the Languages of *Europe* have received their general Term, with some little Variation, for this Disease.

IN short, there is not a Disease in the whole Compass of Nature, that has made so much Havock amongst the Great, and People of Distinction, as the Gout has done; and therefore *Symphorianus Champegius* * calls it The bitter Pill of Men, *suaviter viventium*; and that it is not only *morbus Dominorum*, but *Dominus morborum*, as it governs, where-ever it comes, with a despotic Sway, and chiefly affects the Great, the Wealthy, and Men that either have got large Estates in the World, or great Places in the Law, the Army, or at Court,

* *Simphor. Champeg. ex Trad. Arab. Page 457.*

S E C T. II.

Of the Temperature, Constitution, and Habit of Body, most liable to suffer under gouty Affections; and of the Force and Action of the capital vital Organs necessary to bring on a Paroxysm of the Gout.

HAVING, in the preceeding Section, considered the great Antiquity of the Gout, and demonstrated that this Joint-Evil is a precarious Disease, and not endemical to any Climate, Nation, or People; but chiefly affects those Countries, where Riches, Wealth, and Luxury abound; I come now to consider the Temperature, Constitution, and Habit of Body, most liable to suffer under the Tyranny of the Gout; for there are peculiar Principles, in every Individual, that sooner dispose the Patient to one Disease than another; and which sometimes more readily incline him to the Gout, than any other Disease whatever; and this Temperature we call the Constitution of Nature, or the predisposing Cause; because it is the first and prime Cause, of all the Alterations and Changes we suffer, whenever the Habit of Body warps

from the Rectitude of Nature, or declines, from what we call the regular Standard of Health.

AND unless we admit some first Principles, as the Cause of these Changes, it is impossible to conceive, why, if divers Persons take cold or suffer under a Debauch, they should not all be equally affected in the same manner (especially as the most general Cause is the same) but that the Structure, Mechanism, and various Motions of the Solids and Fluids, in these different Constitutions, disposed them to different Diseases: Thus, for Example, if six or seven People happen to take Cold, we often observe, that one shall suffer grievous Pains of the Colic; the second a Pleurisy, accompanied with exquisite Pains of the Side: To a third the same Cause shall give a Fit of the Gout, while a fourth shall labour under Symptoms of a sore Throat; and a fifth be subject to either an Ague or some paralytic Stroke; but though the sixth and seventh exposed themselves as much to the cold Air, as the other five; and went as far into the Debauch as the rest; yet either from the Strength of Constitution, or equal Temperature of Tone in all the Parts, they shall be so happy, as to escape free from all Embarrassments:

barrassments: This clearly discovers, that no other Causes of these Alterations and Changes, can be assigned, but that the Tone of the Solids, and Mixture of the Fluids, in the several suffering Organs of these distinct Persons, were differently tempered, from what they were in those, that escaped the several Diseases above specified; and different again in the respective Individuals themselves that suffered, which were the Grounds of the several Diseases they laboured under.

HAVING shewn the Reader, how the Temperature differs in various Individuals, I come now to describe the Habit of Body, most liable to suffer under the Affection of the Gout: And we discover in most arthritic People, that they have a full, moist, and lax Habit of Body; the Textures of whose Solids are generally strong, nervous, and muscular; and their System of Glands loose, flabby, and little adhering to the Vessels: And, under these Circumstances, they usually enjoy the richest, and most perfect Principles of Life: But those Principles, that give them these valuable Privileges, generally furnish out the Materials of the Gout: For, from such a Constitution, as I have here described, they naturally have large Stomachs, and are generally keen Feeders;

Feeders ; and, for the most Part, mightily love to indulge, in all the Elegancies and Luxuries of Life.

Now as most Persons, subject to the Gout, are sensible, polite, ingenious People, love Diversions, and are usually blessed with liberal Fortunes (for I now speak of those, that are, by Nature, inclinable to the Gout) so, for the most Part, they are Men of Courage, Address, and Enterprize ; and if trained up to the Church, the Army, Law, or Physic, very often make a considerable Figure in Life ; provided they are not too early affected with this Disease, and thereby disabled from prosecuting their respective Professions.

THE same we may observe, in Men of an inferior Class, where they happen to be Persons of Address and Conduct : For even those, by a superior Stroke of Policy, often rise up into Life, gain the Summit of their respective Arts ; and, by the deep and successful Schemes they lay, for the Advancement of their Fortunes, prove themselves to be able Men, or Persons of deep Penetration and Forecast : So that the Observation of *Sydenham* is very just, and much to the Purpose,

pose*, That there are more wise Men, than Fools; more great, learned, and wealthy Men, than poor, mean illiterate People, that close their Scenes of Life, by an habitual Gout.

THUS we have given the Reader a succinct Account, not only of the Temperature of the Body, but also of the Qualities and Dispositions of the Mind inclinable to generate this Disease: But not only Men of a gross, corpulent Habit, are subject to gouty Affections, but the thinnest, meagrest, and most skinny People also may suffer under its Tyranny, in Case the Ingredients of the Gout, from any Cause, happen to gain a Subsistence in the Body: However, there are two general Principles, that seem, in some Degree, necessary to give the Humours a Turn upon the Joints, in the Extremities of the Body, and dispose a Man, by Nature, to a Fit of the Gout: The first is a large Head, with a proportional Quantity of Brain: The other a strong Heart; for the Hearts of gouty People must either have a strong impelling Force, and the Brain be sufficiently able to make Resistance to the Fluids sent up to the Head, by the Force of the Heart, or else the

* Tract, de Podagra,

Humours, destined for a Fit of the Gout, will sooner attack the Brain with a Fit of the Lethargy, Apoplexy, or sudden Death, than descend to the Hands or Feet, in order to form a Fit of that Disease. A large Head, I say, with a proportional Quantity of Brain, to generate a plentiful Supply of animal Fluids ; and a strong Heart, that may influence the gouty Humour, surmount the Obstructions necessary to be overcome ; and assist the inferior Organs to fling the gouty Cause upon the Joints of the Hands or Feet, and sometimes both.

BUT besides these several Marks and Tokens, that indicate a Person inclinable to the Gout, there are also some peculiar, internal Characters necessary, in the Temperature, to furnish out a gouty Habit : For usually the Body is of a bilious or sanguine Constitution ; and therefore gouty People are, by Nature, hot and dry ; and though their Organs are usually strong, nervous, and muscular, yet the Glands of their Hands and Feet, of their Legs and Arms, are generally loose, soft, and flexible, especially near, or upon the Interstices of the Joints ; that they may the more easily yield to the Impressions of the superior Organs, forcibly impelling
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the gouty Juices, upon the Joints, in the Extremities of the Body : And where all these Circumstances concur, in the same Habit, it would be almost a Miracle in Nature, if such a Person, advanced in Years, escaped the Disease.

INDEED *Hippocrates*, *Galen*, and the great Ancients (as well as *Dr Sydenham*, with divers modern Physicians) have observed: That the Gout most commonly attacked those People, in the Decline of Life, who, in their early Days, had harrassed and broken their Constitutions by fast Living : But this Order of Nature, from the present Modes of Living, seems mightily inverted; for, now a Days, we see many arthritic Persons, of a middle Age, and divers have suffered several Fits, before they had reached the twenty first Year of their Age : So great Improvements have the Moderns made, in all manner of Luxury, above what was known in the Times of the Ancients.

But where these Marks, Tokens, and Characters of Temperature, happen not to chime in with Persons using a luxurious Diet; there the noxious Humours will not be discharged upon the Joints, and generate the Gout, but will be evacuated by some of the open Sluices
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of Nature ; for in some, seasoned to a voluptuous Way of Life, they run to the Bowels, and there discharge by loose Stools ; in others, they fall upon the hemorrhoidal Arteries, and occasion, in these Parts, a painful Fit of the Piles ; in a third, they shall discharge by the urinary Passages ; and in others again, they are impelled to the Surface of the Body, and there pass off in profuse Sweats ; or sometimes they are arrested by the cuticular Pores, and lodged upon the Skin, and so form Tethers, Scabs, and scorbutic Blotches or Blains, in different Parts of the Body ; so various are the Outlets of Nature, appointed by Providence, for the Support of Life and Health.

AFTER all, is it not somewhat surprising, that divers Gentlemen should presume to write of the Gout, who profess they know so little of Nature and the Constitution, that they are unable to give a Reason, why, upon catching Cold, this Man falls into a Fever, that a Quinsy, a third suffers under a Fit of the Gout, &c. when all these Discriminations are so readily resolved into the Variety of Constitutions, that so visibly discriminate the various Habits of Men from each other ; and can, in no wise, be accountable upon any other Principles : And hence the Knowledge

ledge of the Constitution and peculiar Temperature of the Habit, are of that high Importance to the Physician, that without just Observations made of their various Natures, he will be able to know very little of Diseases themselves, and consequently much less of the Indications and Remedies necessary to relieve them.

S E C T. III.

Of the previous Symptoms of the Gout, and the manner how the Obstructions and Causes are formed in the superior Organs of the Habit, before the first gouty Paroxysm attacks the Joints in the Extremities of the Body; with some critical Remarks concerning a Touch of the Gout.

HAVING in the former Section discovered the Temperature and Constitution, necessary to generate the Gout, I should now directly proceed to shew, what Alterations and Changes are necessarily made in the Solids and Fluids of the several Organs, in order to produce a gouty Paroxysm, but that before we can properly treat of this Disease,

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ease, as the Fits exist in the Joints of the Hands and Feet; before we can properly explain to the Reader, the Order of the Symptoms, and the Cause of their Existence, I judge it highly expedient, that we first attempt to discover, how the previous Symptoms and gouty Fever invade the superior Organs in the Trunk; and what is the Cause, that supports them in the several Parts they possess, it may be some Weeks, Months, nay sometimes divers Years, before the Patient is so happy as to be surprized with a regular Fit of the Gout; I call it a Surprise upon Nature, because the Patient is often seized with a gouty Fit at unawares, he not in the least dreaming of any such Thing, or judging, that the gouty Tyrant can be so near his Joints.

By the previous Symptoms of the Gout, I understand all those Complaints and Embarrassments, that the Patient suffers, in the several superior Organs, before a Fit comes to relieve him of all his Miseries: How this is brought about, and what are the mechanical Powers necessary to accomplish the Designs of Nature, in producing a Fit, shall be the Subject of the Section following the next: However, I am sensible, that divers Gentlemen are of
Opinion,

Opinion, that a regular Fit of the Gout ought rather to be esteemed the Solamen, or Relief of all other Diseases, than called a Disease of itself; nor will they suffer it to be named the Gout, unless the Pain descends into the Hands and Feet, and affects the Joints, in the Extremities of the Body; but can we conceive that the *Materies Morbi* is any Way different, when it retreats into the Hands, Feet, or affects the Ball of the great Toe, from what it was, while in the Stomach, Lungs, Kidneys, Liver, Spleen, or any other of the superior Organs? If the Cause be the same in both Organs, can the essential Properties of the Disease be distinct, because they possess different Parts, especially as they are founded upon the three chief Principles of all Diseases; viz. an Obstruction of the Fibres and Membranes composing the Organs affected; intense Pain, the Effect of Obstructions in these most sensible Membranes; and Fluxion and Tumour, the Consequence of Obstruction and Pain: For Obstruction, Pain, Fluxion, and Tumour, all succeed each other in the Order of Nature, according as the gouty Paroxysm is more or less full, perfect, and exquisitely sensible; and, under these Circumstances, the Gout gene-

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rally relieves the Patient of all the Complaints he laboured under, before the Invasion of the gouty Fit: But how is this Relief given? Is it any Thing more than that the gouty Humour totally makes a Transition (solicited thereto, by the Exquifiteness of the Pain) from the Parts nearest the Heart and Brain, to those that are at a greater Distance from those capital, vital Organs, whereby the Gout retreats from those Parts that are more inward, to those that are most outward, and nearest the Extremities of the Body.

HOWEVER we find, by dear-bought Experience, that this Disease most commonly attacks those Persons, upon the Decline of Life, that, in their younger Years, have spent their Time, in too liberal Use of Wine, Women, and a falacious Diet; that is, that have drank deep in the fashionable Vices of the Age we live in. The Persons most inclinable to suffer under the Tyranny of the Gout, as we observed above, are generally those, that have large Heads, great Hearts, and strong Passions; and who, most commonly, are Men of Genius, Spirit, and Courage: From these constitutional Principles of great Heads and large Hearts, I infer the constitutional Causes, that, in Time, will generate a Fit of the Gout,

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in those previously disposed to be affected with the Disease.

THERE was undoubtedly a Time, when the Patient was perfectly free from all gouty Impressions; a Time, when not the least Pain or Obstruction distracted his Peace or Repose, in either the superior Organs of the Habit, or those in the Extremities of the Body: How, therefore, the first Symptoms came to exist in the Organs of the Trunk, that before, were perfectly free from all manner of Embarrassments, is the Question; for it very rarely happens, that a gouty Fit comes on without previous Symptoms, or that previous Symptoms can arise in the superior Organs of the Habit, unless the Fibres composing these Organs, from some peculiar Causes, relax, abate of their Strength, and give off from their natural Tone and Vigour; for while all the several Organs continue their respective Offices, in separating, secreting, and discharging their proper Fluids, so long will all the several Parts preserve their proper Tone, and consequently be able to repel the Causes, not only of the Gout, but of all other Diseases: And as we most commonly perceive some of the animal, vital, or natural Organs previously affected, before the

Tyranny of a gouty Fit can possibly be formed, so it requires our utmost Attention to dive into the Mysteries of Nature, and discover, what Organs are liable first to suffer, under the Influence of the previous Symptoms.

WHOSOEVER carefully attends to the Course of Things, as they are conducted in the animal Oeconomy, will generally observe, that few People suffer under a Fit of the Gout, but that the Stomach and Bowels are affected, it may be a considerable Time, before the first Fit is regularly formed: The Patient usually complains first of a Want of Appetite; of a slow Digestion; and that Crudities affect his Stomach, whereby he sometimes lothes all manner of Aliments: This vitiated State of the Stomach, from a too great Laxity in the muscular and nervous Fibres composing the Tone of that important Organ, naturally generates Wind, Phlegm, and a flatulent Gas, which often ascends in hot, sharp, acid Belchings; whereby the Patient sometimes gulps up a Mouthful of frothy Phlegm, or sharp bitter Gall, especially after a full Meal: If these Humours are retained in the Stomach, they often generate severe racking Pains, from their affecting

the most sensible Nerves inserted in the superior Orifice of this Organ, and thereby excite that Affection usually called the Heart-burn: Sometimes the Cause of these flatulent Pains descends into the Intestines, and there, as they move along those winding Duplicatures of the Guts, generates hystERIC, flatulent, nephritic, and bilious Colics; which at last make their Exit at the Anus, in Form of empty Puffs; for the Patient, under these Circumstances, is generally costive, and often labours under a hard-bound Body.

If the Patient is somewhat advanced in Years, before the first Fit attacks him, he is subject to be listless, drowsy, and low-spirited, especially after Meals; and then the Palms of his Hands are hot and dry, his Cheeks glow, and his Breath is short: Some time after, if he continues to indulge his Appetite, he becomes comatose, lethargic, and now and then is subject to convulsive Twitchings of the Nerves and Tendons, especially if he be fat, unweildy, and of a corpulent Habit of Body.

It is now, and under these Circumstances, that the Patient labours for the Gout; and strives, with all his Might, to bring on a regular Fit; knowing full well, that though

the Gout is an Affection exquisitely sharp and painful, yet is it least dangerous, as a regular Fit will relieve him of all his Dolors, and free the superior Organs from the Obstructions, Load, and Pressure, that not only at present endanger his Health, but which also threatens him with a future Stroke, of either a paralytic or apoplectic Fit.

SOMETIMES, when Nature is hard pressed, she strikes darting Pains into the extreme Parts ; where they make only a short Stay : This happens when the Muscles, Nerves, and Tendons, composing the several Organs of the Habit, are so feeble and languid, as not to be able to fling the gouty Cause upon the Instep, Heel, or great Toe ; and tho' it sometimes grazes upon those Parts, yet as it only makes a transient Visit, so it cannot so properly be called a regular Fit, as a Touch of the Gout : These are the previous Symptoms, that generally more or less affect the Patient before a regular Fit ; and which, when Nature is not sufficient, of herself, to accomplish her Designs, demands the Assistance of the Physician to help her to facilitate her Work.

S E C T. IV.

Of the symptomatic, gouty Fever, that accompanies the Disease, through all its Progressions; and which is varied, exalted, or depressed, according as the gouty Paroxysm is more or less regular or imperfect.

BUT from the Beginning, and during the Continuance of the previous Symptoms, the Patient is subject to a slow, putrid, erratic Fever, not in the least of the inflammatory Kind: This Fever rises or falls, as the Symptoms increase or lessen; or as Obstructions more or less form themselves upon the several respective Organs of the Habit: It usually invades the Body with an obstinate Costiveness, to which succeed Heats in the Palms of the Hands, which are mightily exasperated after a full Meal, or an Evening's Debauch: When this Fever has been of some Continuance, it creates Head-aches, twitching Pains in the Breast and Sides; wandering Pains, like the Rheumatism, in the Legs and Arms; in the Shoulders and Back, which come and go by Fits; and are sure to affect the Patient, if he takes cold; exposes

himself to the open Air, or too much indulges in the Luxuries and Delicacies of Diet: The Appetite, under this Fever, is extremely various; sometimes he lothes all manner of Meats; at other Periods he shall be eager for Victuals, and eat more than he can digest, which huffs up the Stomach, and obliges this Organ to bear hard upon the descending Trunk of the Aorta, whereby a larger Supply of Blood is sent up to the Brain, than the natural State of that Organ requires; and this is the Cause of that Drowsiness, which frequently affects scorbutic People after a full Meal, and more especially upon the Decline of Life. The Pulse, in the Beginning, is often low, quick, and creeping; towards the Evening it beats fuller, stronger, and so continues during the Night Season; which, as the Light approaches, and the Dawn comes on, remits, and is more regular: This Fever generally attends the Scurvy, Vapours, and is an inseparable Companion to most People subject to the Hypochondriac-Melancholy, especially if the Patient be of a bilious, or sanguine Constitution: And as the Solids more or less relax, and form other Obstructions, so it attends them also, and never leaves the Patient,
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till he is either recovered to his former Health, Death puts an End to his Life, or he is so happy as to suffer, from a regular Fit of the Gout, which is the sure Way, both to relieve the Fever, and eradicate those threatening Symptoms, that oppress the superior Organs.

Now this is the Fever, while it continues, that some People will have to resemble the Measles, Small-Pox, and Plague; and, which is more, they declare them to have an Identity of Nature, and only to differ, as the Obstructions invade different Organs of the Body; than which nothing can be more contradictory to all the Laws of Nature: For the judicious *Sydenham* has not only made divers pertinent Reflections, to shew the Discriminations between those * chronic Fevers, that attend the Gout, Scurvy, and most other chronic Diseases, and all inflammatory and contagious Fevers; but the same Author, I think, has demonstrated, that they cannot possibly have any Relation or Affinity with each other, as they arise from quite distinct Causes: For the Times of their Invasion, the Progress of the Symptoms, the State and Decline of acute, inflammatory, and contagious Diseases, are greatly diffe-

* Tract. de Podagra, Page 11, 32, 33, 34.

rent, from what they are in those of a chronic Nature; and not only so, but had I Time, I could easily shew, that the Solids and Fluids are differently affected under these distinct Species of Fevers.

HOWEVER, sometimes the Patient is not so happy, as to enjoy the Favour of a gouty Fit, but these additional Symptoms advance upon the Habit, and he is subject to wringing Pains, that frequently affect his Back and Sides, his Stomach and Bowels, with great Heat, Tension, and Pain: His Hypochonders swell, are hard, and he finds himself subject to melancholy Fears and Reflections: For in these Cases the rational Faculties are liable to be agitated with various Passions, upon the slightest Occasions, whereupon the Patient becomes touchy, waspish, and as troublesome to himself, as he is to all about him.

IF these Disorders arise from hard Drinking, or are exasperated, from an over Night's Debauch, then the Patient finds himself dry, thirsty, and subject to Morning Reachings; the indigestible Aliments lie, fry, and putrify in the Stomach; and there generate sour, sharp, and nitrous Eructations, which sometimes arise, in such acid Riffs, as is enough
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to set the Teeth on Edge: Upon these Symptoms succeed Hickups, Palpitations, and paralytic Affections, and as Things go on, the Complexion is either pale, wan, and bloated; or the Eyes become Blood-shot, are tinged with a green, livid, fallow Hue; and which, in a particular manner, environs the Eyelids, and Parts adjoining.

THE Urine, in some, is of a flammeous Colour, and will so continue for twenty four Hours, without the least Change or Separation; in others it is of a very deep red, and lets fall a white, branny Sediment; and in some, it is of a brick-dust Colour, and separates a pinky Sediment: Sometimes it is still deeper, and more of the Colour of Mum: In this Case it is generally loaden with green, poracious Bile, and but little in Quantity: When this happens to be the Case, the Liver seldom fails to be obstructed; and little Stones are frequently found in the Gall-Bladder of those that have been opened after Death: The Body most commonly, under these Circumstances, is costive; and what Stools do come away, are generally little in Quantity, brought away with great Straining, are hard, dry, and resembles the Consistence of soft Clay.

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WHEN the Lungs or Sides happen to fall under the Tyranny of the Gout, then the Bastard Pleurisy, the Asthma, and intolerable Coughs are the Consequence; the Symptoms always varying, as the Constitution, Parts affected, and Seat of the Disease vary; for if the gouty Humour invades the Nerves, then Tremors, Palfies, and Convulsions follow: If the Brain happens to suffer, then Lethargies, Apoplexies, and sudden Death are often the Consequence: And I make no doubt, but that most of those People, that die suddenly, or are cut off by the sudden Stroke of an apoplectic Fit, might have been alive, had Nature either exerted herself to give the Patient a Fit of the Gout; or the Physician been called in Time, to remove the Load and Oppression, that suffocated the animal, vital, and natural Principles of Life.

BUT if they happen to escape these formidable Strokes, and are suffered, for some Time to drag on the Remains of a crazy Constitution, yet you cannot fully relieve the superior Organs, but by obliging the Humours to flow to the Hands, Feet, and Extremities of the Body, which is most properly done (when it can be done) by giving the Patient a regular Fit of the Gout; other-

wise

wife the Obstructions will remain, rivet themselves upon the Organs, and either generate a scirrhus Tumour in the Liver, or form an incurable Dropsy in the Belly, the last fatal Stage, in which most chronic Diseases finish their Periods, if not timely prevented by proper Remedies, or a Fit of the Gout.

S E C T. V.

Of the critical Efforts of Nature, and the manner how the animal, vital, and natural Organs are, by a mechanical Necessity, excited to dislodge the gouty Causes from the superior Organs of the Habit, and fling them upon the Joints in the Extremities of the Body, in order to form a regular, Gouty-Paroxysm.

HAVING in the several preceeding Discourses treated of the Origin of the Gout, the previous Symptoms, and the fatal Consequences, that often fall upon the capital, vital Organs, that is, the Brain, Cerebellum, and Heart, when these several Organs are not seasonably relieved by a regular Fit of the Gout; I come now to consider the mechanical Causes of the first Paroxysm;

roxyfm; and to discover, how the several inferior, as well as superior Organs, operate, in Concert and Subordination to each others Powers, in order more readily to dislodge the material Cause, and fling the offending Matter upon the Joints in the Hands, Feet, and Extremities of the Body: And as this is a Revolution much in Favour of the Patient, when the Paroxyfm is full, regular, and perfect, so I shall proceed to consider the Mechanism, Powers, Strength, and Contrivances in the several Organs, ordained by Nature for accomplishing this Design.

In prosecuting this Subject, I beg Leave to observe, That *Hippocrates, Galen, Sydenham, Boerhaave*, and all the great Moderns, as well as Ancients, are unanimously of Opinion; That Nature, at different Periods, and in various Manners, does often exert an uncommon Power and Effort, to fling off any oppressive Load, from the superior Organs, upon the inferior Parts: And this Effort and Power, some call a Crisis, especially when it happens in acute Diseases; others the critical Efforts of the vital Powers; some again intitle it, The Endeavours of Nature; And there are divers Moderns, that call it, The Force of the Circulation; the Vigour of

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the animal Spirits; the Archeus, that directs and governs all the greater Springs, and under Motions of the whole animal Oeconomy: But none of these Writers, that I know of, have attempted to explain the Reason and Grounds of such a Revolution; or what combined Causes, in the Motion of the several Organs, conspire to facilitate the Retreat of the gouty Cause upon the Joints of the Instep; the Ball of the great Toe, or upon the Joints in the Organs of the Hands and Feet; an Effort, when seasonably exerted, and properly conducted, that frees the Patient from all Danger of other Diseases: How this is done; and what are the mechanical Principles and Springs, that bring about these salutary Effects and Changes, I come now to consider.

IN anatomically examining the Structure of the several, internal Organs, we discover a Series of Causes and Effects, whereby all the Phænomena, incident to affect the Constitution, succeed each other, according to the wonted Order of Nature, whether the Body be under a State of Health or Diseases: And these Phænomena arise from the Structure, Union, and Mechanism of the animal, vital, and natural Organs; and the Connection
they

they all necessarily have with each other: For these, several respective Organs are so exactly contrived, adjusted, and fabricated, that they all mutually conspire to support each other's Motions, and preserve the Body in Health.

By the word Mechanism, in this Place, (and as applied to animal Bodies) I understand the various Forces and Powers, lodged in the several Organs of the animated Machine, whereof the Heart, the Brain, and Cerebellum, are the three master Springs, and furnish out the Causes of the chief and leading Motions in the animal Frame: From the Harmony, Consent, and Agreement of these three principal, vital Organs, it necessarily follows: That if an Obstruction or Oppression, from any Cause, happen to affect any one; suppose for Example, the Heart, then the Brain, and Cerebellum are ever certain to suffer from the Oppression, brought upon the foregoing Organs; and *vice versa*; whereupon these capital Organs, least affected, by a mechanical Necessity, exert an extraordinary Effort to resolve the Obstructions that oppress the Heart, surmount the Difficulties that impair its Motions, and labour thereby to give a Freedom to the Circulation, either

either by discharging the vicious Principles by Urine, Stool, or an increased Perspiration; or driving the tainted Humours to the Skin and Surface of the Body; where they form scorbutic Surfeits, Blotches and Tetters; or sometimes (which is the most natural Course they can take) they are, by an extraordinary Exertion of Nature, flung upon the Joints, where they form a Gouty-Paroxysm, in the Extremities of the Body.

NOR is this Union, Consent, and Agreement, only carried on between the Organs of the Brain, of the Cerebellum, and of the Heart, but the Stomach also, from divers evident Signs and Causes, seems visibly to partake of the same Mechanism: And for this Reason, in all great Concussions of the Brain, this important Organ ever gives evident Marks of its Affection, from those frequent Heavings and Vomitings, that assuredly follow upon the Stroke or Blow; especially if the Force of the Stroke either depressed the Skull, or wounded the Brain: Nay, all the inferior Organs conspire to support this Consent and Harmony, by raising or falling their Powers, according as the Action of the principal, vital Organs are, from any Causes, more or less intended or remitted,

ted, in their Motions, above or beneath the Balance of Nature.

Now, this surprising Piece of Mechanism, between the principal, vital Organs, is more immediately supported, from divers Slips and Branches of Nerves, that go off from the sixth and eighth Pairs: These arise from the Brain and Cerebellum, and are disposed of to the Heart; and from the Brain and Heart, they go off to the Stomach, and afford Slips to all the Viscera; so that these several under Springs, from their mutual Consent of Nerves, are obliged, by a mechanical Necessity (upon the Failure of Motion in any of the capital Organs) to redouble their Vigour and Activity, not only for the Benefit of the oppressed Organ, but also for the mutual Support of the whole animal Machine, and all its Parts.

BUT this Union and Connexion, between the Heart, Brain, Stomach, and Bowels, would scarce, of themselves, be sufficient to discharge the gouty Cause, from the superior Organs, upon those of the Joints, were not the less forcible Springs and Under-Motions of the Body, as they recede from the Heart, and descend to the Hands and Feet, contrived on Purpose to favour this Descent: And for
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this Reason, Nature has taken great Care, that those Under-Powers should lessen in their Strength, Force, and Motion, in Proportion as they recede from the vital Force of the Heart; so that from this Structure and Mechanism of the inferior Organs, the gouty Humour has a natural Aptitude or Tendency to flow to the Limbs and Joints, in the Extremities of the Body, if not obstructed by some intervening Cause.

WE observed, in the third Section, that Men naturally disposed to the Gout, had large Heads, strong Hearts, and keen Appetites: That, in Consequence of these Principles, the Stomach would be the first Organ affected: Upon this, Indigestion naturally follows: a thick, viscid Chyle, a foul putrid Blood, Obstructions in most of the Viscera, must necessarily be the Consequence, which will greatly embarrass the Circulation: And if, under these Circumstances, the Patient, from any Cause, should happen to have his Perspiration obstructed, then these additional Symptoms will arise; for, from this Obstruction of the cuticular Pores, an additional Load of perspirable Matter, will necessarily be added to the natu-

ral Quantity of Blood, which together will naturally fall heavier upon the Heart, and overbalance its Motion : The Heart thus affected, with this additional Force and Pressure, as a solitary, muscular Organ, will be obliged to redouble its Beating, whereby a greater Heat and Motion will ensue, through all the Organs of the animal Oeconomy ; and as the Quantity of Heat, in all Bodies, is as their Quantity of intestine Motion ; and that Quantity of intestine Motion, as the Quantity of Fluids, retained in the Habit, above the natural Quantity of the Blood, from an obstructed Perspiration, or any other Evacuation suppressed ; so it follows, that the superadding any Quantity of Fluids, to the natural Quantity of the Blood, will have the same Effect upon the Heart, Arteries, and inferior Organs, that a new Force superadded to the Spring of a Watch, or a greater Weight added to the Balance of a Clock, will naturally have upon these inanimate Machines ; that is, in both Cases, the additional Force and Weight, will oblige all their respective Springs to accelerate their Motions : And hence it follows, that this additional Perspiration retained, will cause a greater Motion in the Heart, greater Vibrations in the Arteries,

Arteries, and consequently excite febrile Com-motions in the Blood and animal Juices, which at last will terminate in a putrid, symptomatic Fever: This putrid symptomatic Fever, at such Times, is occasioned from the obstructed Perspiration, and the natural Mechanism of the several Fibres, that compose the various Organs of the Body.

UNDER the Exasperation of these febrile Symptoms, there is always a critical Effort excited from the Principles of Nature, to loosen the obstructing Matter; to propel it forwards, and to force it, as much as possible, to a greater Distance from the Heart: This critical Effort, at such Times, arises from an internal Struggle between the Powers of Nature, and the Force of the Disease obstructing the Action of the several Organs: In this Conflict the Principles of Nature are always on the Physician's Side; always active to master the Disease; that is, the internal, constitutional Organs, or what *Hippocrates* calls the *Impetum facientia*; or the Powers that both excite and continue the Motions, naturally exert their mechanical Springs to dis-lodge the Causes; and this Exertion, at such Times, is a necessary Effect of their Mechan-ism: And as the Principles of the Disease are

always passive, so nothing can hurt the Patient, under these Circumstances, but either the Quantity of the Obstructions, that is, the Greatness of the Disease; or an over-active meddling Physician, who, at such critical Periods, knows not how to stand still, * and suffer Nature to do her Work her own Way; and which, under most Diseases, is the supreme Physician.

IT is under these Circumstances, if the Constitution be strong and vigorous, that the several oppressed Organs exert their mechanical Springs, to fling the gouty Salts and Humours upon the Hands, Feet, and Extremities of the Body: But it is not always, that Nature can accomplish her Purpose this Way; for sometimes in languid, feeble, Constitutions, the gouty Fluids, in their March, are arrested, and fall upon the internal Organs, as the Liver, Spleen, &c. And in these respective Organs generate Obstructions, that, in Time, occasion schirrous Tumours or Phlegmons; and, in Women, often are the Cause of Cancers in the Breast and Womb; for there is no Question to be made, but that, in all these Cases, Nature was la-

* Tit. Liv. Medici plus interdum quiete, quam movendo & agendo proficiunt.

bouring either to bring about a Fit of the Gout, or to fling the offending Humour upon the hemorrhoidal Arteries in the Anus, and so subject the Patient to the Piles; or else disburthen herself of the Cause by Urine, Stool, or large and copious Sweats; but that she was frustrated of her Purpose, and unable to effectuate her Designs, through a Languor and Failure in the principal vital Organs of Life.

AND here I cannot but admire, at the profound Sagacity and Judgment of *Galen*, upon this Subject, who, speaking of the Revolution of the Humours, and their Transition to the Joints, in order to form a Fit of the Gout, thus expresses himself: “*Humores dictos ad*
“*Articulos ferri, non ab aliqua peculiari*
“*Corporis parte transmittente; sed a toto*
“*Corpore.**” We observe from this judicious Sentiment, That, according to him, the gouty Cause was in the whole Habit, and not lodged in any particular Part, as is suggested by many of the Moderns; and that the Fit is a Crisis of Nature, whereby these sharp, corroding Salts are flung upon the Joints, to the great Emolument of the Patient.

* Epitom. Galen.

AND thus from Reason, Observation, and Experience, we discover the Grounds and Operations of Nature, in furnishing out the Materials for a Fit of the Gout; and have fully made out, why the gouty Cause more readily takes to the Joints, than any other Part of the Body whatever: For Nature does not fling off these deleterious Salts upon the Joints, in the extreme Parts (as is the Opinion of some) that she may extinguish them in the oleose Fluid, secreted by these Glands, but she drives these gouty Salts to the greatest Distance from the Heart, that the Patient thereby may be in greater Safety; and the principal, vital Organs relieved of their Oppression.

Now the Cause that occasions these frequent Exertions of Nature, is the Load of saline Humours, that frequently obstruct in the Organs of the Stomach, Liver, Lungs, and Brain. The Causes that furnish out the Materials of these Obstructions, are high Living, poignant Sauces, and a liberal Use of Wines abounding much with tartarous Salts; and the prime, original, instrumental Cause, that puts all these subordinate Causes in Motion, in order to produce a Fit
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of the Gout, is the Air. This fine elementary Fluid, that helps our Breathing, and supports us in Life, either at the Period of the approaching Spring, or the Season that happens near the autumnal Equinox, searches the Constitution, rarifies the animal Fluids, and makes considerable Alterations and Changes in both the Solids and Fluids of animal Bodies : At these two Seasons most commonly do happen, those supervening Accidents, that put the foregoing Causes in Motion, in order to facilitate a Fit of the Gout : So that though the Gout may happen, at all Times and Seasons of the Year, yet the Spring and Fall are the usual Times, when most suffer a Paroxysm, especially if it happens to be the first Fit.

FROM all we have said, it clearly appears, That a Fit of the Gout is an Effort of the Powers of Nature, to expell all corrupt, vicious, and indigestible Humours, from the Trunk of the Body upon the extreme Joints, where the gouty Cause is collected, secreted, and perspired through the cuticular Pores, to the great Relief and Emolument of the Patient, who is often thereby perfectly freed from all further Pain, Anxiety, and Embarrassment.

S E C T.

S E C T. VI.

Of the Marks, Characters, and discriminating Symptoms, that form a regular Fit, after the gouty Cause is come down into the Feet; with some critical Observations relating to the Cause of Inflammation, Fluxion, and Tumour, the inseparable Attendants of a regular Gout.

I AM sensible, that the Ancients mightily diversified the Gout, and made a great many needless Distinctions upon this Subject, little worthy our Observation and Notice: The *Greek* Term, *Arthritis*, was the general Word they used to express this Disease; and this they did, not so much because the regular Paroxysm of the Gout is attended with Pain, Heat, and Inflammation, as because it infests the Articulation of the Bones, and often burrows in the Interstices of the Joints: However, they used different Terms, as the Gout affected the various Joints of particular Organs; for if this cruel Malady happened to seize the Foot, Heel, or great Toe, they then termed it the *Podagra*: If

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the Heat, Pain, and Inflammation were detached upon the Joints of the Wrists, Hands, or Fingers, then it had the Name of *Chyragra*: If the same Cause happened to rivet itself upon the Head of the Thigh-Bone, and get into the *Acetabulum Ischion*; they then called it the *Ischiada*, *Sciatica*, or *Gout in the Hip*.

Now, whatever Objections some People may make to these three, capital Distinctions, as if they were only three Names expressing the same Disease, in different Parts of the Body, yet if they require different Indications; a different manner of Treatment, and different Remedies for the Patient's Relief, then these respective Administrations, I judge, will be sufficient to support the Distinctions I have made; for I am fully persuaded, that the same Remedies, and the same Course of Time necessary to relieve the Gout in the Hands or Feet, will not be sufficient to put an End to the *Sciatica* or *Hip-Gout*; for this stubborn Malady, sometimes, in spite of Nature; in spite of the most appropriate Medicines you can advise; and in spite of the best Assistance the Physician can give, shall stand by the Patient, the longest Day he has to live: And this is the Reason, why I give it a distinct

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Consideration, and have couched it in an Appendix, at the Close of this Work.

THE Gout, as * *Franciscus Ranchinus* finely observes, may most properly be called a sudden Disease, as it seldom gives any Warning of its coming, but many Times, the Patient goes to Bed perfectly well and in Health, and finds himself surpris'd with a Fit, before the next Morning : And these sudden Invasions more especially happen, if the Patient, for some Time before, was subject to gouty Fits ; for then the gouty Humour, from its frequent Motion that Way, finds an easier and more ready Passage to the Hands, Feet and Extremities of the Body, than to any other Parts of the Body whatever.

BUT, in the first Paroxysm of the Gout, sometimes the Patient, two or three Days before, is seized with a shivering Fit, is chilly, and affected with Rigours, especially if a Fluxion of Humours is about to fall upon the Instep, or burrow in the Joints of the Parts adjoining : By and by he perceives a sharp, darting, twitching Pain, to strike into the first Joint of the great Toe ; in some, it falls upon the Bone of the Heel, and in others again, it shall affect the tibial Muscles,

* *Francis. Ranchin. de Morb. Subitan.*

with Spasms, Tremors, and convulsive Cramps: These are the immediate, preceeding Symptoms of the Gout, if it gives any Warning of its coming: However, we generally observe, that the first Fit affects the Patient in Bed: He usually sleeps quietly, till about the Middle of the Night, when he is roused from his Slumbers, by a smart Pain, that frequently seizes the great Toe, the Instep, Heel, or Ankle.

IN the first Onset of the Fit, a Shivering, Stiffness, or sometimes a Numbness, possesses the whole Leg, which feels to the Patient, as if a Quantity of Water, scarce warm, were poured upon the Part: After these Symptoms succeed a Heat, Tension, and some Degree of Inflammation upon the Parts affected: The Pains begin, come on, and, a little after the Middle of the Night, are inexpressibly acute; and would be above the Bearance of human Nature, did they not, for little Intervals, remit of their Violence, and, towards the Morning, greatly abate of their Rigour.

WHILE the Patient is under this racking Torture, the Parts are so sore, tender and sensible, as scarce to bear the Pressure of the lightest Covering; and the softest Tread of a Person lightly tripping over the Floor, shall

put him into Agonies, by greatly encreasing his Dolors.

THESE Pains of the Gout, in divers Persons, are various: To some (and they are the greatest Number) they seem hot, fiery, and scalding, as if the gouty Organ was dipped in boiling Oil; or, as if an actual Cautery was applied to the affected Part: Others imagine these Pains like to a Bone dislocated or broken, and which now and then seems as if the Edges were grating one against the other: A third Class shall resemble the gouty Pains to a fretting, gnawing Sensibility, as if Dogs were pulling off the Flesh, and tugging at the Cartilages and Tendons; and there are others again, that conceive of these gouty Pains, as if the Heel, Toe, and Instep were pressed, or squeezed between two Bars; or, as if the whole Foot was wedged in between the two Iron-Plates of a Press, and screwed tightly together.

BUT, contrary to all these Diversities of Pains, I have known a Gentleman, under a gouty Fit, complain of an extreme, chilly Sense of Cold, in the Beginning of the Paroxysm: And if the Gout, under these Circumstances, happened to ascend up into the Stomach (as often was the Case) during the
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cold Pain, then it so chilled his Stomach, that the strongest *Madeira* Wine scarce seemed to the Patient any otherwise, than as a Glass of cold Water; nay a large Dram of the highest rectified Rum, and that repeated, scarce has given him any Feeling of Warmth; the Tone of his Stomach-Nerves were so convulsed: And this I take to be a strong Proof, that the gouty Humour does affect the Stomach, at such Times, especially when we experimentally perceive, that the strongest distilled Liquors are not able to make an Impression upon this Organ.

WHEN the Gout arises to the highest State of Inflammation, then the Pains become more exquisite: They are tearing, lancinating and burning, from the Activity of those caustic Salts, that undoubtedly furnish out the material, or what *Celsus* calls the *prima Causa*: The Patient, the succeeding Night, after the Return of the gouty Fit, is restless, tosses, tumbles, and is never easy in any Situation, Change, or Posture, you can place him: He now perceives the Pains to change, alter, and vary their Seat; and though they may do this, on the first Attack of the gouty Fit, yet usually the second Night exhibits to our View the painful Scenes of these disturbing
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ing Dolors: For after it has been a while in the Hands and Feet, it dilates, expands, and enlarges its Sphere of Action; by and by it assaults the Knee, gets up into the Hip-Bone, and a little after strikes into the Joints of the Neck and Shoulders; and then on a sudden shall dart down again into the Elbow, Ankle, Heel, Hand, Instep, or great Toe: And after it is got into the Feet, it shall again strike into the Knee-Pan, and sometimes affect one Leg, and sometimes the other, just as the Mechanism of the Organs, the Force of the Motions, and the Activity of the gouty Cause, shall direct; for this subtile, gouty Salt, Gass, or Wind, seldom continues long in a Part, but is here, there, and every where, in the least Moment of Time.

AND though the Gout, now and then, gives him some little Respite from his Dolors, for a Day or two, yet it returns upon him with double Fury; for the Pains now prick, goad, and are exquisitely sensible; the Parts shine, grow red, angry, and tumify: In short, the Symptoms of the Gout, in different Bodies, are so various, intricate, and affecting, that, *Si mihi sint centum Linguae, sint Oraque centum*: That had I a thousand Tongues, and so many Pens, yet I should scarce be able sufficiently
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to describe them: It is now, and under these Pressures, that the symptomatic Fever rises, rages, and renders the Patient extremely hot, dry, restless, and droughthy; but this is neither more nor less, than the very same Fever, that accompanies the gouty Cause, while the Obstructions continue in the Trunk and superior Organs of the Habit, but now, having got into the Hands or Feet, rises or falls, and becomes more or less symptomatically acute, according as the Pain, Inflammation, and Activity of the gouty Salts increase or lessen: For this very Fever accompanies the Scurvy, the Jaundice, and Fits of the Asthma; and is an inseparable Companion of most chronic Diseases: And as the Pains, under the Gout increase, and are, from any Cause exasperated, so this Fever becomes more or less acute and inflammatory.

TOWARDS the Morning of the second or third Day, after his Fatigues and Pains are somewhat abated, he falls into a fine breathing Sweat, which abates his Fever, mitigates his Pain, and, in some Measure, assuages the Violence of the other Symptoms; but this is only a transient Relief, for the next Evening, or the Evening after, the Pains return, advance, and come forward, as be-

fore, but with less Violence, till the Middle of the Night; after which Time, they begin to assuage, and as the Day dawns, and the Morning comes on, break away again in warm, breathing Sweats; whereupon he falls asleep, and gets some refreshing Slumbers; and so successively these little Paroxysms return for four, five, or six Days, and sometimes longer; for if the gouty Cause be copious, it will continue to exercise its Tyranny, with considerable Exasperations and Remissions, for a Fortnight, three Weeks, and sometimes a Month.

AND it is remarkable, that, not only in the Gout, but in most other Diseases, the Pains return and are more exquisitely sensible, as the Evening approaches, and Night comes on, than they are after the Dawn rises, and the Light revisits our Atmosphere: And there is great Reason, why this Order of Things, should thus happen in Succession; for during the dark Night, the thick Vapours so alter the Texture of the Atmosphere, that the Balance of Equality is thereby very much taken off, between the external and internal Air, necessary to support the Circulation, accelerate the Secretions, and facilitate the Discharges of Nature, by the perspirable

spirable Pores, upon which the Pains are exasperated, and the Patient becomes restless; but the Approach of the dawning Light, so restores the Tone of the Solids, rarifies the Blood, and helps forward the Excretions, that the Pains thereby are either greatly abated, or intirely taken off.

It is now, and under these Circumstances, that the Fluxion and Tumour begin to shew themselves, and which are fure Presages, that the gouty Pains are about to leave the Patient; for the regular Gout always begins with an Inflammation, grounded on the Obstructions of the Parts affected, whence the Fibres are tense, springy, and incapable of breathing out the gouty Cause, as it comes to these Parts for a Discharge, whereupon a Fluxion ensues: Under these Circumstances the Pulse usually is hard, strong, and quick; the Flesh hot, dry, rough and scurfy; the Body costive, and the Urine high coloured: These Symptoms are promising Indications of a speedy Solution of the Fit, and clearly demonstrate, that the Separation, Secretion, and Evacuation of the gouty Cause, from the Parts it possesses, will be accomplished in the Compass of fourteen

Days, from the Beginning, or sometimes sooner.

Now, if we attentively reflect, upon the Progress of the gouty Symptoms, we shall readily perceive, that the Fluxion and Tumour are not occasioned from the same secreted Humour, that furnishes out those exquisite sensible Pains, the immediate Cause of the gouty Fit, and which continues to harass the Patient several Days, before the Fluxion appears, but are conducted upon Principles far remote and different; that is, the Cause of Fluxion, and the Cause of these exquisite Pains, that precede the Fluxion, arise from the Affection of different Organs, and are owing to the Force of different impelling Causes: For there is no possible Way to relieve the superior Organs of their Obstructions, Load, and Pressure, without the preceding Pains of the Gout are sharp, raging, and most sensibly acute: Under these Circumstances, they excite the Heart and Arteries to redouble their Force and Motion; upon which the Obstructions of the several affected Organs and Viscera are resolved, and the obstructing Cause flung upon the Joints in the Extremities of the Body, which
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form the Fluxion and Tumour consequent thereupon.

AND though divers Writers have favoured us with their Sentiments concerning the salutary Effects of the gouty Paroxysm, yet I know none that has done this, with that Propriety and Precision, as the learned Dr Mead, in his *Monita Medica*, where, in Page 198, he thus expresses himself: — “Dolore
“ enim pro Instrumento utitur Natura; qui,
“ quo acrior est, eo breviori Tempore & tutius Munere suo fungitur:” And then, a Page or two after, subjoins, against those, that much insist upon Bleeding, Purging, and loading the Patient with Laudanum to ease the Pain. — “Meminisse autem oportet,
“ dolorem hunc ad Partem tumefaciendam
“ summè necessarium esse, ideoque patienter
“ perferendum.”

THESE are Observations that daily occur to the judicious Physician, and though only short Hints, yet are verified by daily Experience, for you may as soon attempt to deliver a Woman of her Burden, and bring a Child into the World without Pain, as attempt to make the Gout serviceable to the Patient, without severe, exquisite, and rack-ing Pains; for the Pain, in a Paroxysm of

the Gout, is the Consequence of the stimulating Cause, that, by the Mediation of the Heart and Arteries, solicits the gouty Humours to flow from the superior Organs upon the Joints in the Extremities of the Body; and without which they would not so readily descend: And this we find verified by daily Experience; for in the imperfect Gout, where a Congestion, and not a Fluxion of the Humours ensues, there the Patient never receives that Benefit, as when the Paroxysm is perfect; and though the Pains continue to vex him longer, yet, as they are much more languid, so they give not that Relief, as when the gouty Fits are regular and exquisitely sensible.

GIVE me Leave here to observe to the Reader, how this Transition is made in the gouty Humour; for we ought to observe, that every sharp, pungent, fretting, burning, corroding Substance, applied to the Skin and Flesh of any Part, will excite a Stimulus, which Stimulus will dispose the Humours to flow to the Part, where the stimulating Cause is applied: This we may observe in Blisters, Setons, and all caustic Applications, that, by their stimulating Powers, they oblige the neighbouring Humours and
Juices

Juices to retreat from the Parts they possess; and not only those that are neighbouring, but sometimes the Fluids, in the most distant Parts of the Body, are affected with their Application.

NOR is there any Thing, in many Cases, that so readily relieves the most racking Pains of the Head, as the Application of two epispastic Plaisters to the Shin-Bones, or to the Soles of the Feet, so the Plaisters be large enough to cover the Instep; for from these Applications the most sensible Impressions are made upon these inferior Organs, whereby a Revolution of the Humours is made, from the more noble, to the less dangerous Parts, as from the Head, Lungs, Stomach, and Viscera, to the Hands, Feet, and Extremities of the Body.

Now as no Stimulus is so great, or continues so long as the Gout, so, upon a severe Fit, the Cause of all his quondam Pains, Aches, and Stitches entirely vanishes, and perfectly frees him from all the Embarrassments he was subject to before: Nor do these Complaints ever so entirely go off, unless the Fit was full, perfect, and exquisitely painful: And no sooner shall this happen, but his Anxiety leaves him; his Appetite

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returns;

returns ; his Digestion answers ; and he becomes the same, chearful, merry Mortal, he ever was before.

AND, therefore, this clearly demonstrates, that while the fine Nerves, muscular Fibres, and secerning Strainers of the Joints, are separating a hot, fiery, fretful, saline Lymph, the Cause of those exquisite Pains, the Heart and Arteries are not idle, but necessarily use their utmost Endeavours to disengage the Obstructions in the superior Organs; and attempt to fling the obstructing Matter, thus disengaged, upon the Joints, in the Extremities of the Body ; where it more or less forms the Tumour of Fluxion or Congestion, according as the gouty Fit is more or less regular or imperfect ; for we always observe, that the Fluxion is a Consequence of those exquisite Pains, and an inseparable Companion of the regular Gout ; which in Time, either goes off by Perspiration, and secretes through the glandulous Pores of the Instep ; or is again imbibed, by the absorbent Vessels into the Blood, and once more takes its Fate amongst the circulating Fluids.

BUT as the greatest Part of this gouty Matter is saline, and the Corpuscles, thereupon, much inclinable to cohere amongst themselves,

themselves, as is the Nature of all saline Bodies, so they often form larger Bulks of saline Matter, than can well be subdued, and rendered fine enough to pass off, by the perspirable Strainers of the Skin; upon which they are frequently arrested by the Narrowness of the Pores, and generate that dry, rough, and scurfy Dandriff, that every where covers the Instep, and Parts adjoining: I call the saline Humour hot, fiery, and fretting, because it inflames the Parts, and puts them to those exquisite Pains, they never are subject to, under a regular State of Health: And I call it saline, as a great Quantity of a saltish Scurf is often left upon the Surface of the Instep, and Parts, just recovering from a Fit of the Gout.

BUT this I must observe, that, unless great Errors committed in Diet, it rarely happens, that the second, third, and fourth Fits, are so severe, or of so long Continuance, as the first; and the Reason is, that in the first Paroxysm, there is a greater Quantity of Obstructions to be resolved; a greater Quantity of the gouty Cause to be discharged through the perspirable Pores of the Skin, that invests the Hands and Feet: And this being the first or second Fit, the Orifices of
the

the secreting and excreting Canals are not sufficiently enlarged to receive and discharge the gouty Fluids, as they come to these Parts for Secretion; for a true, perfect, and regular Fit of the Gout, is a critical Separation and Discharge of a fine, clear, saline Lymph, whereby the Parts affected are relieved of their Pressure: And as Nature before took Care, for her then present Relief, to fling the gouty Salts upon the several Organs, nearest the Extremities of the Body, so now they are come into these Parts, she takes the self-same Course to discharge herself of the Burden, by excluding them at the secreting Portals of the Parts affected.

Now, in the future Fits, there is seldom that Quantity of the gouty Cause to be resolved; nor are the Passages to the Hands and Feet so narrow, and so much obstructed, as they were during the first Paroxysm: And this is the Reason, why the latter Fits are both less severe, and of a shorter Duration. In some few People the first Fit is the last, and the Patient, to his dying Day, has not a second; Others have two or three, and the Gout vanishes; And some again have four or five, and never hear of it more: And this eradicating Principle of the Gout, *Pliny* expresses

presses by the Words, *desit Sponte*; that is, Nature exhausted both the Cause and Seeds of the Disease, in one or more full, free, and perfect Fits: However, I conceive that, in all these Cases, Nature had either opened the Sluices of Perspiration, for the Discharge of the gouty Cause, or transmitted the oppressive Load to the urinary Organs, there to be discharged with the Urine; or had conveyed it to the Intestines, where it might safely go off by loose Stools: But however this be, the Thing itself (that divers have had but one, two, three or four Fits) is a Matter of Fact, attested by both Ancients and Moderns; and confirmed by our own daily Experience.

Now whether this is owing to the Causes above recited, or to the Diligence of the Patient, who, after the first three or four Fits were over, changed his manner of Life, and went into a very spare, abstemious Diet, I shall not take upon me to determine: But of this I am certain, that most People, if they will, may avoid the Gout (if not hereditary) after the third or fourth Fit, by proper Air, Diet, Exercise, and a right regulated Abstinence: But most Men (like Woman with Child) after the Pain is over, think

no more of it, but pursue the same Measures of Diet and Luxury, that brought on the first, gouty Fits.

FROM all we have said, upon this Subject, I infer, that the immediate Cause of Fluxion arises from the superior Force of the Heart and Arteries, exerted from the exquisite Pains, that necessarily attend the gouty Paroxysm; and that these Pains solicit an Afflux of Humours to the Parts affected, the great Security of the Patient, in all gouty Affections: For while the Obstructions continue to embarrass the superior Organs, all the Danger is on the Side of the Disease; and let the Pains of the Gout return never so often, yet if they are only slight, little, and transient, the Fluxion seldom will ensue, which only can relieve the Patient, under a regular Fit of the Gout.



S E C T. VII.

Of the imperfect Gout attended with a slow Fever, and an œdematous Swelling or Tumour of Congestion, in the Hams, Ancles, and Instep; as was the Case of most gouty People in September, and the four following Months of the Year 1750.

THUS far it appears, upon what Grounds the Gout is a safe Relief to Nature, and may most properly be stiled a salutary Disease: I call it a salutary Disease, as it often relieves the Trunk, and superior Organs, of that Load and Pressure, that would many times prove fatal to the Patient, did not Nature, at such Times, exert an extraordinary Effort, to cause a gouty Fit: Nor, in divers Cases, is there any other Relief, that so happily and effectually serves the present Purposes of Nature, as a perfect Fit of the Gout: For the Evacuations by Stool, Vomit, Perspiration, and Bleeding, (which are the only Operations that can help the Patient in such Cases) lay too great a Stress upon the natural Organs, are often too violent in their Operation; and frequently attended

tended with Consequences, that render the Patient rather worse than better : But this Relief, proceeding from a regular Paroxysm of the Gout, has none of these Discouragements to encounter, but, excepting the exquisite Pain in the Fit, is the most desirable Remedy a Man can wish ; and which not only frequently carries off the Rheumatism, Asthma, Jaundice, and divers other chronic Diseases ; but sometimes, when seasonable, prevents a threatened Stroke of a Palsy, Apoplexy, or sudden Death ; and therefore is of the last Importance to the Patient in all nervous Diseases.

BUT, not always is the Patient so happy, as to have perfect Relief this Way ; for sometimes it so falls out, either through a Weakness of the superior Organs, the Infirmities of old Age, or the Quantity of the gouty Cause, that neither Nature nor Art can raise a seasonable Effort, to relieve the Embarrassment, and fling the gouty Cause upon the Joints, in the Extremities of the Body ; but that, after all the Strivings of Nature, and the Assistance of Art, only some sharp, transient Pains can be obtained, that now and then dart into the Knee ; into the Instep or Heel ; and though sometimes they visit the
Foot,

Foot, and reach the great Toe, yet as they make but little Stay, in these Parts, so the Relief they give, is but very transitory and imperfect.

THIS imperfect Gout begins with a Shivering, then follows a dull, heavy, gnawing Pain; the Pulse is much softer than usual: In some, it little differs from one under a sound State of Health; the Flesh is more temperate, the Urine paler, and the Motion of the gouty Cause to the Feet, Hands, and Extremities of the Body much slower, than what most commonly happens, in the regular and perfect Gout: And this Slowness of Motion is the Reason, why the Corpuscles of the gouty saline Humour, in their Progress, attract each other, obstruct in the Interstices of the Muscles, and often accumulate large œdematous Swellings about the Wrists, upon the Backs of the Hands; in the Legs, Ancles, and Parts adjoining: These stubborn Tumours frequently hold the Patient three or four Months, and sometimes longer, before the gouty Cause can be properly resolved, and the Limbs perfectly restored to their former Tone again: And as this Species is effected by a Congestion of the Humours; and what we call Fluxion,

has

little to do in the Affair; so the Inflammation, Heat, and Pain, are much milder, under this imperfect State of the Gout, than what they were under the former: However, I always observe, that if the transient Pains are not sharp enough, to prevail with the superior Organs to resolve the Obstructions, and fling the offending gouty Cause upon the Instep, Joints, and Extremities of the Body, very little permanent, settled Relief can be given to the Patient.

INDEED, there are such Numbers of Obstacles necessary to be overcome, in order to form a regular Fit of the Gout, that when we consider the mechanical Motions, necessary to effectuate this salutary Purpose, one might justly wonder, that any such Thing, as a gouty Paroxysm, can possibly be produced, especially if the Fit affects the Patient, upon the Decline of Life; for then the Fibres of the Joints are so stiff, springy, and inflexible, as scarce to admit the gouty Matter into the Parts adapted for its Reception; that is, the Extremities of the Hands and Feet.

BUT, what may be incident to Age and Years, sometimes is produced from accidental Causes; and this appears to have been the Case of very many People in *September,*
October,

October, and the three Months following of the Year 1750, when the Gout, here about *London* was, if I may so use the Word, epidemical, and withal so partial and imperfect, that very few of those that suffered a Fit, during that Period, had a complete and regular Paroxysm ; for the Air setting in (for the greatest Part of that Season) to the North, and North-East Points, very much searched the Constitution of your hale, strong, athletic People, and rendered them very susceptible of imperfect, gouty Impressions.

THIS imperfect Gout, I am speaking of, began about the Middle of *September*; Persons at this Time, affected with a Paroxysm, did not perceive it to come on, in the usual Manner; the Patient, for a Week or two, before the Attack of the Fit, was much subject to a palled Appetite, to Indigestions, and fleeting, flatulent Pains, that frequently affected the Stomach and Bowels, the Membranes and Muscles of the Legs and Arms: These Symptoms, a little after, were succeeded with a Chilness, Shivering, and Rigours, as if the Patient was aguish; by and by the flatulent wandering Pains, recollecting their whole Force, would, all on a sudden, shoot into the Feet, take up their Quar-

ters in the Instep, and sometimes attack the *Tendo Achilles*, or great Tendon of the Heel : From the Heel it would again slip into the Instep, seldom took the great Toe in its Way (as is usual in the Beginning of a regular Fit) assault the Ankle and tibial Muscles, get into the Knee-Pan, graze upon the Ball of the Hip-Bone, and for some little Time burrow in the *Acetabulum Ischii* : A little after, it would strike up into the Neck and Shoulder-Blades, and there mimic the Rheumatism ; sometimes it would rivet in the Groove of the Neck, and thereupon put the Patient into very great agonizing Pains ; for, while he was under this Dilemma, he could neither move his Head, speak without Pain, nor turn on his Side to ease himself, but was obliged continually to lie on his Back, which heated his Kidneys, and was the Cause, why he often made much Sand and Gravel with his Urine : And after it had, in its Course, ranged over all the Body, and attacked every Organ in its Turn ; then, towards the Evening, it would often retreat into the Ankle-Bone, fall upon the Heel, or Flat of the Foot, and now and then tease the Ball of the great Toe : Thus it would change its Seat, vary its Symptoms, and alter its Position,
for

for a longer or shorter Time, according as the material Cause of the Gout, was more or less accumulated upon the Parts affected.

BUT here I must observe, That the Fits of this imperfect Gout, did not affect the suffering Organs, with those exquisite, racking Pains, that are the usual Attendants of a regular Paroxysm: However, though the Pains were much less severe, than in the regular Gout, and of Consequence more bearable, yet they were much more teasing to the Patient, as he had little or no Expectations of Relief, in less than two or three Months; some it held in Durance for five or six; and others were shackled for near a Twelve-month; nor could divers be perfectly freed from their Thralldom, before that Period was fully compleated: I do not say but that many had large Intervals of Ease; however, in several, the Causes were not totally discharged, and the Use of their Limbs entirely restored, till the Time I speak of: I confess, that during the greater Part of this Time, the Inflammation was little; the Fever, with large Remissions, and sometimes Intermissions; in these Cases, the Pains were rather grating, binding, and gnawing, than exquisitely acute and sensible; which was the Cause

why the gouty Fits were so long and tedious, before they finished their Course, or the Patient was recovered to his former Strength again.

S E C T. VIII.

Of the Progress of the Symptoms, in producing the fixed Gout, accompanied with gouty Nodes and tophaceous Chalk-Stones, concreted in the Hands, Feet, and divers other Parts of the Body; with Remarks concerning the Generation and Cause of Nodes and Tophi in the foresaid Organs.

IN Process of Time, after the Gout has been divers Years upon the Patient, it then puts on more formidable Symptoms; and though the Disease, in some Measure, is less painful, yet it now begins to affect divers Joints at the same Time: This generally happens upon the Decline of Life, when all the Parts, through Numbers of preceeding Fits, are become greatly weakened and debilitated: This Languor and Feebleness more especially happens, if the Gout affected him in the earlier Parts of Life; for in these Cases,

Cases, as the Patient declines, and draws nearer the Verge of old Age, he finds the frequent Fits have so goaded, pricked, and vellicated the fine nervous Fibres, that they lose much of their natural Tone, and that exquisite Sensibility of Touch, that they were wont heretofore to receive, from the Impression of the gouty Salts.

BUT the Gout does not only attack Persons upon the Decline of Life, or those that have embarrassed their Constitutions by fast Living, but sometimes invades those that are in their prime of Youth, or at least scarce come to Years of Maturity: Nay, in some hereditary Arthritics, I have known Father and Son (both laid up with the Gout) sitting in the same Parlour comparing Notes, and talking together concerning the Motions of the gouty Pains; and how the Anguish of their respective Fits was varied, lessened, or exasperated, from any imaginary Causes their sick Fancies could suggest.

HOWEVER, though now the Fits are more frequent, and continue longer, yet are they less painful, as the Machinulæ of the nervous Fibres are either drawn up, and contracted above their natural Tone, as frequently happens under a Cramp-like Convulsion of the

Muscles affected; or are let down beneath their proper Standard, as is often observable under a paralytic Indisposition of the same Instruments: For we are to consider, that every Goad, Prick, or Puncture, that the saline Bodies strike upon the nervous Fibrillæ, from the very Nature of the stimulating Cause, excites a Spasm, Cramp, or Convulsion in the Muscles of the Arms, Legs, Hands, or Feet: And this appears still more visible, as the tibial Muscles, and those of the Ancles, are frequently subject to Cramps, and Spasms, when once the Patient has undergone many Fits, and the Disease is become inveterate and of considerable Standing: And when these Spasms happen in the Hands, they often so contract the Muscles of the Fingers, as to render these Organs bent in towards the Palms of the Hand, and sometimes immovably fixed, all the future Part of his Life. And whereas heretofore the gouty Pains only affected the Hands, Feet, and great Toe, which is the genuine Seat of the morbid Cause, now it seizes the Muscles of the Wrists, Elbows, Knees, and Ancles; and tyrannizes no less severely over these, than it did over the Hands and Feet before: By the frequent Returns of these gouty Fits, the
Limbs

Limbs are so impaired, contracted, and shrivelled up, as scarce to be able to bear up the Weight of his crazy Body; and if he attempts to walk a little, it is with a slow Pace, great Trouble, and he hobbles and founders along, sometimes on Crutches, other whiles with two Sticks, but always with Assistance.

IN Process of Time, as the Gout gains Ground, and the Strength gradually impairs, we perceive gouty, scirrhus Nodes, and hard, concreted Tophs, or gritty Chalk-Stones to form themselves in the Ligaments of the Joints, upon the Tendons of the Muscles; and sometimes between the Junctures, in the Articulation of the Bones themselves: These hard, stony Tophs, in Time, destroy both the Scarf and true Skin of the Part, where they happen to lodge, and render the Joint of the Organ knotted, distorted, and immovably fixed: However, after they have broken the Skin, you may, with a Needle, or any other sharp-pointed Instrument, pick them out, from the Sockets of the Knuckles, or any other Organ, where they are seated, without the least Pain.

Now the Difference between these tophaceous Gout-Stones, that most frequently affect the Joints of the Knuckles, and those

nodous Swellings, that often appear upon the Muscles of the Fingers, Wrists, and Instep, is, that the former are generated from the saline Parts of the Blood, as they come to the Membranes of the Joints for Secretion, after their Points and Edges are broke off by repeated Circulations, while the scirrhus Nodes are formed from the earthy Parts of the same Fluid, and which follow upon a Congestion of the Humours: Sometimes the morbid Matter is flung upon the Elbows, obstructs in the fine Glands, and occasions a white Swelling, almost as big as an Egg, which gradually becomes red, angry, and inflamed: In others it falls upon the Thigh, and exercises the same Tyranny amongst the Muscles and Tendons of that Organ; for, this I must observe, that in all new Parts, where the gouty Fluid comes, it most commonly creates intolerable Pains, because the Nerves of these several Organs have not before been much battered with a Series of gouty Fits: In short the Cramps, Spasms, and Convulsions, that frequently affect the Muscles, Nerves, and Tendons of the Tarsus and Metatarsus, in this second Stage of the Gout, all demonstrate, in the clearest Manner, that the Disease is seated, in the most nervous

vous and sensible Parts of the several, bodily Organs.

THUS far of the Progress of the Symptoms, which brings me to speak a Word or two, concerning the Generation and Cause of Nodes, Tophs, Spasms, and Cramps; as the one or other of these Affections, seldom or never cease to torment the Patient, under this State of the Disease; for when it so falls out, that the Phlegmon, the Effect of a Fluxion upon the Part, as usually happens in the acute or regular Gout; or Tumour of Congestion, as is often the Consequence of the imperfect or bastard Gout, can neither be fully discharged through the cuticular Pores, in Form of Perspiration, nor absorbed into the Blood again, by the imbibing Vessels, then the Remainder, left upon the Part, hardens and swells, either into a gouty scirrhus Node, or forms a hard, cretaceous, gouty Toph; for it is visible, that neither hard, scirrhus Nodes, nor stony, concreted Tophs, could ever be lodged upon either the Organs of the Feet or Hands, were not the Motions of the Fluids, circulating through these Parts, slower than is consistent with their natural Standard, whence an Obstruction ensues upon the Part; So that the same Principles,

Principles, that raise a Fluxion or Congestion of the Humours, in a regular or imperfect Gout, in Process of Time, prove the Grounds, why the Nodes or Tophs are formed upon the Membranes of the Muscles, or Interstices of the Joints; for most of your imperfect Fits of the Gout, upon the Decline of Life, leave behind them hard, scirrhus Nodes, that sometimes hold the Patient six or eight Months, and sometimes never totally disperse, the longest Day he has to live.

THE same we observe, in gouty Chalk or Lime-Stones, which are formed from the saline Corpuscles, attracting each other, whereby they come into very close Contacts, and form those gouty Concretions, that frequently appear upon the Knuckles and Joints of the Fingers, Hands, and Feet: And though they are often discharged in large Quantities, and sometimes fall out of themselves, yet others as often succeed in their Place; so that they may be said to generate, ripen, and fall out of the Socket, they have formed in the Knuckles, Joints, and Tendons, as if they actually made a Progress in Growth: And I have known divers Gentlemen, that, with their Knuckles (where the gouty, concreted Tophs were very protuberant) could
chalk

chalk up the Scores at Cribbage, or any other Game, without the least Inconvenience whatever: Nor is it easy to conceive, how Things can possibly be otherwise, when, upon the Decline of Life, the gouty Fits frequently return upon the Patient, and scarce give him any tolerable Respite from his Anxiety and Distress; for Pain, under this State of the Disease, we know, he has little or none.

BUT, besides these Tophi and Nodes, the Muscles, Nerves, and Tendons, are often subject to particular Tensions, Cramps, and Spasms, that sometimes affect the tibial Muscles; sometimes the Muscles of the Feet and Ancles, and sometimes those of the whole Leg and Arm; for if either the Fibres of any Member, or the vesicular Glands of the Fingers and Toes happen, from any Cause, to be too much purged up, or let down, that is, too much contracted or relaxed, above or beneath their natural Tone, then a Languor will necessarily fall upon the Part itself; then the Fluids, that circulate through that Part, will be impaired in their Motions; and this Impairment, in the Motion of the Fluids, will occasion an Obstruction in the Hollow of the Tube, or in the Cavity of the Fibres, which Obstruction will necessarily create

create Tensions, Tremors, Cramps, and Spasms upon the Parts affected: And as the Fibres of these Nerves are only capable of sensible Impressions, while they continue to vibrate within their natural Tone, so if once they are carried above, or beyond that natural Standard, they then feel nothing of either Pain or Pleasure, and have not the least Sensation, whether the Nerves be under a too great contracted or relaxed State, as always is the Case under a perfect Convulsion or Palsy.

AND this is the Order of Nature, upon which all the Conditions of the animal Fibres, in Relation to their Motions, Pains, and natural Sensations, have their Dependence; for there is a peculiar Tone, under which the nervous Fibrillæ feel Pleasure; another which affects the same Fibres with Pain; and a third State, that removes all sensible Impressions of Pleasure and Pain from the Patient; and which puts his Body into a State of Insensibility.

AND this sometimes happens, to be the State of the Muscles and Nerves, under Tophi and Nodes, for though the Patient is seldom void of all Sensation of Pain and Uneasiness, yet these concreted Tumours often become

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insensible

insensible under this Stage of the gouty Disease: But how these Fibres come to be, in so surprising a Manner affected, with these various Modulations of Sensation; and the same Nerves rendered susceptible of the highest Pleasures, the greatest Pains; and at length, under divers Affections, deprived of all Sensibility, are Points, I must confess, that puzzles our Philosophy, and can only be resolved by the Wisdom of that Supreme, Almighty Being, who has thus wonderfully and surprisingly formed us.

S E C T. IX.

Of the Symptoms, Pains, and Embarrassments, that attend the last Stage of the Gout; when the Fits become irregular and complicated; and the gouty Cause cannot be separated from the superior Organs, but assaults the Liver, Stomach, Lungs, or Brain, with the most formidable and distracting Symptoms.

I AM now come to treat of the last Stage of the Gout; when Nature is ready to succumb under the mighty Pressure of the Symptoms; and the Paroxysms return more frequent

frequent than usual, through the Decays of old Age, the Stubbornness of the Symptoms, and the Greatness of the Causes; for, in these last Scenes of the Gout, the Case is widely different, from what it was under either of the former States; as Nature was then active, vigorous, and often able of herself to give the Patient a regular Paroxysm; but now is unable any longer to bring on a Separation of the gouty Cause, through a Languor of the animal, vital, and natural Organs; so that Art can but, with great Difficulty, be called in to assist Nature, almost deprived of her operative Powers.

It is under these Circumstances, that the gouty Cause often leaves the Joints of the Limbs, and marches up into the Trunk of the Body, where it often settles in the Kidneys, Stomach, or Bowels; or else flies up to the Head, Breast, and Lungs, and there mimics the Diseases those respective Parts are subject to be affected with: This Transition of the Gout, when it happens, is always dangerous, and as much as possible to be guarded against by the Physician: But what can the Patient expect to be done, under this deplorable State of the Disease; attended with all the Weaknesses and Infirmities of

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Nature:

Nature : A Time indeed, when we are least able to bear the Burdens of Life and Fatigues of old Age ; when the bending of the Body, shaking of the Head, trembling of the Hands, ceasing of the Grinders ; and Weakness of the Senses, all prognosticate, that the silver Cords begin to loosen, the Springs of Nature fail ; and that Life itself is drawing near to its Close and Period.

THESE are the sad and melancholy Effects, that never fail to accompany the Gout, if the Patient has the Happiness to survive the State of Youth and middle Age : For the gouty Fits, falling upon a Constitution, much harrassed, weakened, and broken, by former Sufferings, return now a great deal oftener, than they were wont to do before ; and instead of once or twice a Year, as was usual before, now assault him three or four Times in the same Compass of Time ; so that the Patient is seldom free, during the whole Year, above two or three of the warmer Months in Summer ; and even in these merry Months of *May, June, and July*, he perceives such a Tenderness and Soreness in his Feet, that he is unable to walk without the Assistance of a Crutch or Cane, or some other Support. But though the Fits now
are

are much longer upon the Patient, yet the Pains are far from being so exquisitely sharp, and sensible, as they were during his Time of Youth and middle Age, when the Gout was regular in its Paroxysms, though less frequent in its Returns.

THERE is no Question to be made, but that the Gout has its Limits and Boundaries, while regular; and I call the Paroxysma Arthritidis, or gouty Paroxysm, regular, while it confines itself to the Joints of the Hands, Wrists, and Elbows, or the Feet, Instep, and Ancles: This Situation of the Gout determines the Fits to be regular; and I do not conceive how we can judge otherwise, while the Gout keeps within those Confinements: But when once the gouty Fit breaks over these Boundaries, and seats itself in the Stomach, Bowels, or Kidneys; or seizes upon the Brain, Lungs, and Breast, then it ceases to be a regular Fit, and assumes the Name of an irregular Gout.

THERE are two Causes assignable, why the Fits of the Gout are not only irregular, but also come under the Denomination of a complex Disease: The first arises from the Inabilities of Nature to make a Translation of the gouty Cause at all, from the superior
Organs:

Organs : This happens in the latter Period of Life, when the Patient, for a considerable Time, has had little Intermission from his Dolors, whereupon the Joints of his Hands and Feet become knotted, distorted, and immovably fixed : And Nature will tell him, that, under these distressed Circumstances, his Abode in Life cannot be very long ; for though the Pains and Paroxysms, now are less affecting, because the fine nervous Fibres have lost their proper Tone and Sensibility, yet the various, capital Organs of the Heart, Brain, and Stomach, suffer much more, as they are unable any longer to dislodge the gouty Causes : For it is an Observation, established upon constant Experience, that as the gouty Patient grows in Years, so the Pains gradually decrease, till, in Time, they give him little or no Disturbance ; nay, I have known divers Gentlemen, that have out-lived the Fits, as well as the Pains of the Gout ; one, in particular, that was very old, and had suffered very much from gouty Paroxysms, yet for the last seven Years, had felt little or nothing, from any Returns of the Fits : But then, it must be noted, that, in this Case, the Parts were reduced to the State of a Palsy ; and

the Patient could neither feel, walk, or go, because the fine Nerves, in the Organs of the Feet and Hands, were highly impaired, and had lost their active Powers of Touch, Sensibility, and Motion: But though the Pain be less felt, yet the Mind is sad, languid, and, as it were, agonizing, which arises from that Despair and Dejection of Spirits, that is ever an inseparable Companion, under this State of the Disease; and for which nothing is so ready a Relief, as an exquisite and twinging Paroxysm of the Gout, if that could be had: For *Sydenham** observed long ago, That Pain, in the Gout, is the disagreeable Remedy of Nature: *Dolor*, saith this great Sage in Physic, in *Articulorum morbo est amarissimum Naturæ Pharmacum*; and the more sharp, sensible, and touching the Fits are, so much the sooner they terminate; and the more perfect and longer will be the Intermiſſion.

THE second Cause of the irregular and complicated Gout, arises from fast Living, or too great Indulgence in the Luxuries of Life, whereby Nature is hurried on, and too large a Quantity of the gouty Salts lodged upon the animal, vital, and natural Organs;

* De Podagra.

so that, upon the Decline of Life, they are unable either to subdue the gouty Cause, and discharge it through any of the Evacu-ations, appointed for its Outlet, or fling it upon the Joints in the Extremities of the Body, in order to form a regular Fit: And hence arise these complex Cases, we often observe to affect the Patient, in the last Scenes of Life: For complex Diseases are nothing more, than two or more Diseases existing, distinct from each other, in different Organs of the same Body: And hence I have known the Gout in the Hands complicated with the Stone in the Kidneys, the Asthma and Rheumatism; and though the Fits were severe, yet the Pains were rather agonizing and oppressive, than exquisitely sensible.

Now, besides the Pain, Lameness, and Imbecility of the Limbs, the gouty Salts sometimes take up their Residence in the Kidneys, and so much vitiate the Secretion of these Organs; that the Patient either makes his Urine in little Quantities, or by Drops: When this happens to be the Case, the Patient often ends his Days in a Dropsy: Sometimes the gouty Cause mimics a Fit of the Stone, or nephritic Paroxysm: In the Be-

ginning the Pain is rather uneasy, than tormenting, but a little after it rages with greater Fury, and the Patient is subject to an Inflammation and Strangury: In this Case, instead of pale or red Sand, which always accompanies the Discharge under the Stone or Gravel, there appears in the Urinal a white, tophaceous, gritty Sediment, not unlike prepared Crabs-Eyes: And this I look upon, as the most material, distinctive Sign, that can be given, to enable us to judge of the Gout in the Kidneys or Bladder, from the Stone or Gravel lodged in either Organ, especially if the Patient, some Time before, was subject to the Gout in his Feet.

To close this painful, dejecting Scene; the Gout, though bad at first, yet now becomes worse, and at last intolerable; for the Viscera are so much weakened, injured, and obstructed, from the Stagnation of the gouty Cause, that the Organs of Secretion can no longer perform their proper Offices and Functions; so that a Colluvies of watery, corrupted Serum adheres to, and joins with the Blood, which being deposited upon the various Organs of the Viscera, renders the Belly hard, tense, and swelled; the Breath short, the Stomach incapable of digesting the lightest Aliments;

Aliments; upon which he becomes comatose, lethargic; and his Countenance pale, livid, and bloated; and after a little while spent in these uneasy Circumstances, at last he is so happy as to change this painful, and wretched Situation of Life, for Death, the ultimate Remedy of all our Miseries.

S E C T. X.

Of the Generation, Order, and Union, of the several Causes of the Gout; as they are connected in Nature, and have a Dependence upon the first Principles of the animal Constitution.

AFTER we have, in the preceeding Pages, carefully surveyed the various Phænomena of the Gout; the Progress of the Symptoms, and the Ravages the gouty Paroxysms make upon the various Organs of the Body; I come now to speak of the several Causes of the Gout; and to shew how they act upon the Constitution of the various, affected Organs, in order to produce a gouty Paroxysm: And I choose to be a little more particular upon these Subjects, as the Physician is not any farther intitled to Success,

than as he is apprized of the Causes, and more particularly of the immediate, or what *Celsus* calls, the *prima Causa*; for this Cause immediately touches the Part, affects the most sensible Membranes, and is the sole Cause of all that exquisite Pain, Inflammation, and Fever, that is sure to affect the Patient, under a regular Fit of the Gout.

WE often say, That a Discovery of the Cause, is half the Cure; and there are only two Ways, that we can discover the Causes of the Gout: The first is, from tracing out the Causes from their Effects: This is always the properest Way, when the Causes lie deeply intrenched in the Mysteries of Nature, while the Effects or Symptoms appear visible to the Observation of the Senses, and are discoverable, from the inseparable Connection, they have with the Causes. The second is, to state the Causes, and by a Series of Reflections attempt to discover what Effects they will produce, and what Influence they will have, upon the various Organs of the Body: And though the Arguments, in this last Case, may be very convincing, yet, as the Reasonings are extremely metaphysical, so I choose not to enter upon them: And, therefore, from the Effects of the exquisite

quisite Pain, the Greatness of the Inflammation, that attends the Pain, and the Intensity of the Fever, I conclude, that the Principles of all gouty Paroxysms, must necessarily arise from Obstructions; and those Obstructions, from Causes extremely active, which embarrasses the Constitution, till by the Force of Nature, they are flung upon the Joints, in the Extremities of the Body.

WHEN we speak of the Causes of the Gout, or any other Disease, we ought to be mighty careful, that we do not confound one Cause with another, as a remote, with an immediate Cause, or the Proximate, with either of the former; for this is what both the Ancients and Moderns, in their Writings, have frequently done: And the great *Sydenham* himself, however exact, in describing the Nature of Diseases, and the Symptoms that accompany them, yet is very confused, when he comes to treat of their Causes; for he often confounds a remote, with a proximate, and substitutes the nearest, instead of that which is farther off in Nature, in most of the Diseases he treats of: In short, it will be a difficult Point, to make the Reader sensible, how much a thorough Cure depends, upon a true Knowledge of the Causes of Diseases,

unless we enter into the Reason and Grounds of their Principles, and consider, how they embarrass the several Organs of the animal Oeconomy: For, upon this Subject, I shall attempt to discover, what the Moderns call the immediate Cause, or the Cause that immediately vitiates the Juices, obstructs the Secretion in the Parts, and forms the Disease; and which the Physician must alter, change, or totally eradicate, before the Patient can ever be perfectly easy in his Limbs; and, therefore, this is the Cause I shall pursue through all its obscure Passages, dark Recesses, and hidden Labyrinths, that I may the better shew it, in all its different Lights, to the Reader.

I CONFESS, great Improvements, since the Revival of Letters, have been made in the Science of Medicine: And though the Motion of the Heart, the Circulation of the Blood, and Secretion of the Humours, have been ascertained with some laudable Degree of Exactness, yet the Connection of the Causes of Diseases, with their Effects and Consequences, have not, that I know of, been pursued, with that Success, as might have been expected in a Matter of this Importance: Nor does this Defect appear so
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remarkably visible, in any one Disease, as in this of the Gout: For why is it called the *Opprobrium Medicorum*; or, *The Scandal of the Profession*, but from our Ignorance of the Cure; and why are we ignorant of the Cure, but because we neither know the Causes themselves, nor are sufficiently apprized, how they act upon the Constitution, in order to produce a Fit of the Gout.

IF we examine Things, according to the true Principles of Nature, we shall readily perceive, that there is an Order in the Course of Nature, a peculiar Mechanism in the Constitution of the animal, vital, and natural Organs, whereby either Health or Diseases, succeed in the Body, according as their Causes are more or less forcibly impressed upon the Constitution of the corporeal Organs: And, therefore, while all the Springs of the animal Constitution continue perfectly sound, strong, and healthy, all the Springs of the animal Constitution, will be equally capable of making Resistance, to the Invasion of the gouty Causes, and consequently of discharging these Causes through some of the proper Outlets of Nature, before they come to affect the Joints of either Hands or Feet; so that neither

ther the Air, our Diet, nor any other of the Non-naturals can possibly vitiate the Blood, impair its Motion, or retard its Secretion, in the fine Glands of the Joints, if there be not a Disposition of the Parts, favouring the Generation of the Gout: For let a Man indulge, eat, and regale himself, as much, and as often as he pleases, upon the most poignant and falacious Aliments; let him swill and drink as frequently as he will of the most rich, and delicious Wines, yet, if the Constitution of every Organ, be but strong enough to fling off the repeated Debauch, by the proper Discharges, not the least Detriment can ensue to the Body: These, I think, are Facts so plainly obvious, and demonstrative, from every Day's Experience, and the Practice of Thousands, who enter deeply into the Vices of the Age, and yet are free from the Gout; that I think, there is no Occasion, for me to enlarge further upon Proof.

BUT on the contrary, if once the Fibres of any Part happen, from any Cause, to be contracted or relaxed above or beneath their natural Tone, then the Fluids, destined to circulate through that Part, will be irregular in their Motions, and this Imparation, in
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the Motions of the Fluids, will necessarily occasion an Obstruction in the Cavity of the Fibres, and consequently create greater Tension, Pain, and Inflammation, than is consistent with the natural Tone and Structure of the Organs: This Obstruction of the Parts, and these consequent Symptoms of Tension, Inflammation, and Pain, that thus necessarily happens to the Hands and Feet, upon their Fibres being too much contracted or relaxed, constitutes that previous Indisposition, which, in a more appropriate Sense, I call the immediate Cause, and is the formal Reason, why the Gout, at all, exists in the extreme Parts.

SOMETIMES this immediate Cause is constitutional, and hereditarily transfused into the Embryo, in the first Rudiments of Life; by a gouty Parent, and lurks in the Blood, till, at the last, it betrays itself, by the Excitement of some external Cause, as an unfriendly Air, a poignant Diet, or the Indulgence of some false Appetite: For Children are as well Heirs of their Fathers Infirmities and Diseases, as of their Estates and Patrimonies: Nay, the Poet, very elegantly contends, That even the very Virtues or Vices of the Parents, are transmitted, along
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with the seminal Principles, into their Posterity. —

Et Patrum in Natos abeunt cum Semine Mores.

AND the early Appearance of hereditary Gouts, in divers Families of Distinction, strongly inclines me to believe, that the Rudiments of these gouty Causes were existing in the Body, long before their Appearance in the Habit; and that the Seeds of the Disease were derived from their Parents, having been long afflicted with the Gout; for several gouty Symptoms have appeared upon young People, hereditarily disposed to the Disease, before they were twelve Years of Age, and some have suffered a Paroxysm, even earlier than that Period.

BUT many Times we have little Reason to accuse our Ancestors, as the Intailers of this cruel Malady; for too often it springs from our own vicious Appetites, and the too liberal Indulgence of a saline Diet: For as the various Organs are nourished from the Aliments we take in, for the Support of Life; so the nourishing Fluids can have no other Parts or Principles, than what they receive from our Diet; and if we make use of a high seasoned, poignant Diet, abounding much with Mixtures highly saline, then the Juices,
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brought to the Joints of the Legs, Ancles, and Feet, or to the Wrists, Arms, and Hands, will acquire a more acrid Disposition, and, in their Passage through these sensible Organs, prick, goad, and tear the fine, nervous Filaments of the Joints, and thereby create intense Pain, Inflammation, and Tumour, the inseparable Companions of a regular Gout.

I AM sensible, there are divers Opinions amongst medical Writers, concerning the material Cause of the Gout: *Hippocrates*, *Galen*, and most of their Successors, impute the Cause to a Mixture of Bile and Phlegm: The Chymists ascribe it to a fine, subtil, saline Halitus or Gas: *Paracelsus* calls it a tartarous Salt; others impute it to the Straitness or Narrowness of the Pores, or Orifices of the Glands, as the Fluids come to the Joints for Secretion; and there are divers again, that judge the Cause of the Gout to be a true Poison: Of this Opinion are all the *Japanese*, and most of the *Chinese* Physicians, who advise the Burning the Part with Moxa, as a Cure, that absolutely removes the Disease, and totally eradicates the Cause: Now I think, that the very mention of these contradictory Opinions, as Causes, should be sufficient to confute all, that their Authors have been able to say, in Defence of these
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Sentiments ; for neither Bile nor Phlegm can be the Cause ; for these Humours, in Excess, would sooner generate the Jaundice or Dropsy ; nor can a fiery, subtile Gas or Spirit, pent up in the Joints, cause the Gout, for that attenuated Fluid would soon evaporate, and not give Time for Nature to form a regular Fit of the Gout : Nor can any natural Straitnesses in the fine, nervous, and muscular Fibres of the Joints be a Cause ; for Fluids, in their Circulation, are susceptible of any Figures, Shapes, or Sizes ; and, in these Cases, Children, as well as grown People, would be equally subject to the Gout ; as these Straitnesses are judged natural to the Limbs of gouty People : Nor can it arise from a true, infectious Poison, for then it would frequently mortify the Parts, where it lodged, and oftener prove fatal, than salutary to the Patient.

Now amidst all this Variety and Uncertainty of Opinions, which Way shall we steer our Course ? What Principles shall we make use of, to trace out a Subject of so great Intricacy and Importance ? and how discover the mysterious Cause of this painful Disease ? For this material Cause, I am now speaking of, is the only Thing, the Physician ought to

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to have in View, as it is this material Cause, obstructing in the Organs of the Hands and Feet, that forms the Disease; and consequently, the only Embarrass he is to remove, in order to relieve the Patient: I agree with a late Writer, that we are not so much to consider, what it is that pains and embarrasses the Organs, as how the Obstructions may be resolved, and the Tone of the affected Organs restored to their proper Strength again: But how those several Indications, can properly be pursued, without having a particular Regard to the material Cause, the Grounds of the Obstructions, the Cause of the Pain and Tumour, I am unable to conceive.

HOWEVER, to be a little more particular: We know very well, that there was a Time, when not the least Symptom of the Gout disturbed the Peace of the Patient; a Time when not the least Pain affected the Organs of the Hands or Feet, but that the several Parts, now subject to the Gout, were before perfectly free from all manner of gouty Complaints; and if this ever was the Case, as by Experience we know it once was, then there must be a Time, when the gouty Symptoms began first to exist, and not only a Time,
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but also an immediate Cause of their Existence in the Body ; and a real Cause of their Transition from the Organs of the Habit, into the Joints of the Ancles, Instep, and great Toe, the usual Seat of the Gout, in the first Onset of the Disease : And in accounting for the Causes, our Business is well to consider, how these Changes are wrought in the Joints ; and what are the Alterations, the Humours suffer, when they obstruct in these Parts, and bring on a Fit of the Gout.

FROM Experience, Observation, and Matter of Fact, we discover, that both our Blood, our Urine, and the Matter of our Sweats, abound with Salts of various Kinds : That these Salts are the Basis of all we eat and drink ; and when redundant, the Grounds of most Diseases we suffer under : It necessarily follows then, that the Matter that shackles the Limbs in a Fit of the Gout, and constitutes its Cause, is a fine, saline, volatile, Liquid, derived from our Aliments, as they are more or less poignant, falacious, or of a Nature highly acrimonious and scorbutic : So that the material Cause of the Gout is nothing, and necessarily can be nothing more, than the indigestible Parts of our Aliments, that neither can be subdued by Nature, and

so turned into Nourishment; nor discharged by those Evacuations, appointed to let out the Superfluities of our Aliments, when we take in more, than is sufficient for the Support of Life.

FOR it appears visible, that the Cause of the regular Motions, in the Joints of the Hands and Feet; and the Cause of their depraved or defective Motions, under a Fit of the Gout, must necessarily arise from the same Juices or Fluids differently affected; that, while no extraneous Cause, vitiates their natural Motions and Secretions, all the several Organs will continue under a regular State of Health, but once these Fluids are, from any Causes, depraved, then their Motion is retarded, their Secretion vitiated, and sharp acute Pains, inferring the gouty Paroxysm, arise.

THUS it appears, that the immediate Cause of the Gout, is owing to an Obstruction in the glandular Secretion of the Fluids, ordained by Nature for the Nourishment of the Joints: And though divers Writers oppose this Cause, I am speaking of, as a Subject above the Reach of Man's Comprehension to discover, yet I never knew any Gentleman

so hardy, as not readily to own, that there was a material Cause of the Gout, or what Authors call the *Materies Morbi*; and if this be a Matter of Fact, then we ought to enquire into the Grounds of this Cause: And, in treating of the Gout, there are two Points, in relation to the immediate Cause, that we can absolutely determine and ascertain: First, That the most nervous Organs are the Seat of the Disease: Secondly, That Bodies the most active, volatile, and pungent, are the Cause of all gouty Pains: The first Position is a most evident Truth, founded upon Matter of Fact; for unless these fine, sensible, nervous Fibres, did go to the Structure of these several Organs, subject to be affected with the Gout, then these Parts would be perfectly senseless, and consequently without the least Touch or Feeling of any Object whatever; so that a Knock on the Head, Shins, or Instep, from an iron Bar, or any other hard Thing, would make as little Impression upon these Parts, destitute of Nerves, as the lightest Touch of a Feather; for he would be equally incapable of any sensible Impression from either Object; and therefore these fine Nerves of the Hands and Feet, must necessarily be affected

fectcd with the gouty Cause, in all Cases, where the Pains are sharp, acute, and exquisitely sensible.

As to the second Point, it is a Truth grounded upon a Fact equally as demonstrative, as the former: For the Patient feels these Pains; they rack and torture the Parts, and sometimes are so violent, as to be almost above the Bearance of human Nature; and often would distract him with the Anguish they create, did they not frequently remit of their Violence, and give him some Respite from his Dolors: This plainly proves, that Bodies the most sharp, active, and penetrant, are the immediate Cause of the gouty Paroxysms; and that these Bodies are Salts, appears equally as demonstrative, from the hot, fiery, and inflammable Impressions, they make upon the Parts they possess: These Salts, active in themselves, and rendered much more volatile, from those frequent Circulations, they suffer, in Company with the Blood, at length join with the fine, oleose Lymph of the Joints, and, being intimately combined with that Fluid, accompany it to the Feet, where being secreted by the fine Glands of the Tarsus, Metatarsus, and Parts

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adjoining, it causes exquisite, and most sensible Pains, by distracting the Membranes of the nervous and muscular Fibres, much above their natural Tone: And this Pain will be in Proportion to the Largeness of the Corpuscles, that form these Salts, the Force and Activity with which they come to the secreting Canals, and the Sharpness of their Points and Edges.

Now, as the constitutional Cause has an inseparable Connection with the immediate, or what *Celsus* calls the *prima Causa*, and the immediate Cause with the Blood, and the Blood with the Aliments we take for our Nourishment; so the material can only be those Aliments dissolved by the Force of the digestive Powers, not perfectly finishing their Work, whereby their Salts are eliminated from their grosser Parts, and more powerfully flung into Action, than is consistent with a regular Digestion; for as most gouty People are inclinable to have their Nerves, Veins, and Arteries, more than ordinarily tense, springy, and elastic, so People of this Complexion, are wont to desire more saline Foods, and all manner of Delicacies, that are poignant, relishing, and what we call high-flavoured,

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than is consistent with a regular Digestion : These Salts, being crouded into the Habit, along with our Foods, render the Blood thick, viscid, roapy, or what we call scorbutic, whereby it is apt to obstruct in the various Organs, and generate Inflammations, Rheumatisms, and divers other Diseases, pretty nearly related to the Gout.

THUS it appears, how necessary it is, that we attempt to discover the Connection of the several Causes, as well as the Nature of the Principles, that furnish out all the foregoing Symptoms and Complaints : For from the Ascent, Descent, quick Transitions, and sudden Turns of the gouty Symptoms, I infer, that the immediate Cause must necessarily arise, from some Principle extremely active, volatile, and penetrating : For it rarely happens, that the Salts, our Aliments abound with, can be perfectly digested and properly assimilated, but that, in languid, lax Constitutions, they are discharged out of the Stomach, with their Points and Edges, unsheathed, unblunted, and unsubdued ; whereby they prick and goad the Intestines, generate much Wind, create severe, racking, colic Pains in the Bowels, as usually is the Case

of most gouty People: But these Salts stay not long there, but get into the Blood, and, by their Unions, Attractions, and Combinations, often occasion Obstructions, Inflammations, and stubborn Tumours in various of the Organs: These various Shiftings, Windings, and sudden Transitions of the gouty Symptoms, plainly demonstrate, that the gouty Cause is a most active, attenuated, volatile, saline Fluid, as it can so suddenly start from its Seat, range through the Parts, and, in a Moment's Time, retreat to the Place, where it first began; for now the gouty Symptoms are in the great Toe, then in the Heel; a little after, in the Tarsus and Metatarsus; anon it wanders up into the Knee-Pan, on a sudden seizes upon the Wrists, Elbows, and Shoulder-Blades, and sometimes burrows in the Neck-Bone; and after it has made its Peregrinations, round the Body, shall, all on a sudden, shoot down into the Ankle, Instep, Heel, or great Toe again.

Now, can we otherwise judge, but that these sudden, quick, and various Transitions, must necessarily arise from Salts, as Bodies the most active in Nature; and as these Salts are the most active Principles in generating
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the Gout, so I shall beg Leave to enlarge a little further upon the constituent Properties of Salts, as these Points will serve to illustrate divers Particulars, I shall have occasion to speak of, in the Indications necessary to establish a successful Practice.

I QUESTION whether Salts are ever generated; I take all Salts to be derived from the Sea, the common Reservoir of all saline Bodies; and therefore, if we proceed to examine this Subject philosophically, we shall perceive, that every Particle of Salt, is a compound Body, consisting of a hard, dry, earthy Substance, and a sharp, acid, coagulating Fluid, retained, and held fast, by the central Attraction of the dry, earthy Body: Now were it not for the central Attraction of the dry, earthy Corpuscle, then the watry Acid would not concrete, but dissolve, liquify, and constitute a Fluid; and consequently all Salts would be in a State of Fluidity; and on the contrary, if there were no watry Acid, then the Corpuscles of Salts would not be dissolvable by the Moisture of the Tongue, nor act upon the Organ of Taste, in that sensible Manner, we perceive them to do.

AGAIN, we know from Experience, That all Separations of common, marine Salt, from

Sea-Water, only require, that you separate the aqueous Fluid, by a proper Degree of Fire, and the Work is done. And if we consider the essential Salts of Vegetables, we shall perceive, that they consist of the same marine Salt, more intimately digested, and volatilized in their Mixture with the Juices of Roots, Herbs, and Fruits: And these volatile Salts, so visibly discoverable in the Blood and Urine of Animals, are only the same Salts, still more intimately digested, sublimed, and made higher in their Volatilization by Putrefaction, Fermentation, and proper subliming Vessels: And hence it follows, that these volatile saline Bodies, Man and other Animals, so much abound with, and their Blood and Urine afford, upon divers chymical Processes, are only Portions of that universal Salt, originally existing in the Sea, percolated through the Earth, transmitted into Vegetables, digested into Animals, and ultimately carnified in ourselves. And thus we become acquainted with the Origination and Progress of Salts, that are in our Blood, and which, when redundant, produce the Seeds and Causes of most Diseases, that affect us in Life; and which are the Ground of none sooner, than this of the Gout.

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GIVE me Leave here to recapitulate, as briefly as I can, what we have already observed upon the Subject of the Causes; for all internal Causes must have the Reason of their Subsistence, grounded upon the Principles of Nature; and therefore the original or constitutional Cause must necessarily arise from our Embrionism, and be transmitted into the Body with the Seed of the Parent: This, in Time, makes Way for the Subsistence of the immediate or material Cause, which arises from those sharp, penetrating, volatile Salts, the active Principles of our Aliments, united with our Food, digested in the Stomach, and turned into the Blood with our Chyle; where, from the repeated Circulations, Separations, and Sublimations, round the Body, they become almost corrosive; and as they at first frequently burrow in some of the superior Organs of the Habit, so they very often generate those Diseases, to which these Organs are subject, where they lodge: However, it rarely happens, that, in these Parts, they create much Pain, because their Salts are enveloped in a pretty large Quantity of soft, smooth, viscid Phlegm; but as soon as any of the instrumental

Instrumental Causes begin to act, whether it be an unseasonable Air, intemperate Diet, or over-violent Exercise, then the obstructing Juices are disengaged from the Organs they possess, and, by the Strength of Nature, flung upon the Joints in the Extremities of the Body, where they fret, gnaw, and tear the fine nervous and muscular Fibres derived from the Periosteum; and which, thereby, produce most exquisite Pains, the inseparable Attendants of the Gout: Nor is this only a Conjecture of my own, but a solid Truth, supported upon the most evident Maxims of Nature: For if we accurately survey the gouty Cause, or the Matter constituting that Cause, as it is secreted in the fine Glands of the Joints, we shall readily discover, that it has all the real Properties of a corrosive Caustic; for a Caustic inflames, creates great Pain, and excites the Sensation of a burning Heat, which contracts and frizles up the Skin of the Parts, to which it is applied: And these are the very Effects of the gouty Cause; for when once it is got into the Joints of the Hands or Feet, it heats, burns, and inflames; and towards the Close of the Fit, affects the Skin of the Instep and

Parts

Parts adjoining, with a white, dry, scurfy Dandriff: Nor can we judge otherwise, but that such similar Effects, must necessarily proceed from the same, similar Causes.

S E C T. XI.

Of the instrumental, occasional, and external Causes of the Gout, that not only furnish out the Materials, but also sometimes dispose the Patient, to a Fit or Paroxysm.

FROM all we have said, concerning the Nature of the Gout, the Force of the Symptoms, and the mechanical Powers necessary, to generate the several Causes, it clearly appears, that the Gout is a chronic Disease, attended with acute Paroxysms, which usually, at the Beginning, invades either the Hands or Feet: These Fits are not regular in their Returns, neither do they come at certain Periods, as is observable in the Fits of Agues and Intermittent-Fevers, but have a peculiar Dependence upon the Seasons of the Year, the Order of our Diet, and the constitutional Principles of the Air: And therefore this Disease more or less affects the several Or-

gans of our Bodies, as the Appetites, our Passions, and the other Non-naturals, are more or less indulged, in the manner of our Living.

FOR however the Causes, treated of in the foregoing Section, may lie in Train; however they may affect the superior Organs of the Habit; yet unless the instrumental or occasional Causes, assist to enforce the Heart and Arteries; assist to unrivet the Obstructions, in the superior Organs of the Habit; and assist to fling the gouty Matter upon the Joints, in the Extremities of the Body, no gouty Fit can possibly be produced, in either the Hands, Feet, or any other of the natural Organs.

Now, in all chronic Diseases, with acute Paroxysms, there are both certain, immediate Causes to generate the Disease in the Habit, and also occasional Causes, that excite the Symptoms, and bring on a Fit: Of the Causes, that generate the gouty Disease, we have treated in the preceeding Section; in this I shall proceed to handle the Nature and Properties of the instrumental Causes, that excite a Paroxysm; and as the gouty Fit most commonly happens, either about the vernal or autumnal Equinox; so the Change of the
Air

Air, is the most considerable Cause of the Fits, during these Seasons; for in the Dawn of the Spring, near the vernal Equinox, if the Air sets in to the North, or North-East Points, and is attended with bleak, cold, chilling Winds, it often searches the Constitution, obstructs Perspiration, and thereby lays an additional Quantity of Fluids upon the Habit, which being added to the natural Quantity of the Blood, in the Veins and Arteries, enforces the Heart's Motion, and obliges this important Organ to redouble its Contractions, whereby all the superfluous Humours, unfriendly to the Habit, are flung to the greatest Distance from the Heart, and consequently, a gouty Fit generated in the Extremities of the Body.

BUT the gouty Paroxysm is not only liable, to affect the Patient during the Spring, and the Approach of the warmer Seasons, but also divers People shall suffer a Fit, at the Close of Autumn, or the Beginning of Winter: And though the Disease, in this Period, is often much longer, yet usually the Paroxysms are less severe, by Reason the Winter Quarter is often ushered in with cold, bleak, northerly Winds, that search the Constitution, obstruct Perspiration, and if the
Body

Body be of a phlegmatic Constitution, often generate a chronical, gouty Fit, that sometimes holds the Patient three or four Months, and sometimes much longer, as was the Case of divers, in the Autumn of 1750, when few, subject to the Gout, escaped a long and tedious Fit.

I HAD great Opportunities, during the Course of that Year, especially the latter Part of the Season, or what we call the Fall of the Leaf, to see much into this Matter; for about this Period, the Gout, by a Kind of Fatality in the Air, was generally epidemical; and for four or five Months terribly affected most People, that had, before, been subject to the Disease: This Gout was both irregular and imperfect, wherein the gouty Paroxysm did not come to a Period, in the Compass of fourteen or twenty Days, as had been usual, with most People, in the preceeding Year; but the Disease continued to harraß the Patient for two, four, or six Months, whence, during all that Time, he was seldom free from his Pains, though they were not so acute or sensible, as most People feel, in regular Fits of the perfect Gout.

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BUT of all the Writers upon the Gout, I know none that have entered so deeply into the Subject, as *Hippocrates*, and his Commentator *Galen*. This profound Physician, in his Sixth Book of *Aphorisms*, * tells us, That Children, Eunuchs, and Women, seldom suffer under its Tyranny; and that Women are rarely subject to it, till after their Menfes have left them.

BUT *Galen*, his Commentator, is more open and full upon this Subject; and has a great many fine Observations, in his Commentaries upon *Hippocrates's* Aphorisms, relating to the Gout: This learned Author assures us †, That the Spring and Fall are the Times when the Gout most commonly invades the Patient: And though this be a Matter of Fact confirmed by daily Experience; yet he makes a very material Distinction, as to the Effects and Consequences, that arise from the Gout invading at these two different Seasons: For in the Spring, the Cause of a Paroxysm is often much owing to the searching Qualities of the Air, the Powers of the Constitution, and the Strength

* Lib. VI. Aphor. 55. Aphor. 28, 29, 30.

† Comment. in Lib. VI. Aphorism.

of Nature, which flings the gouty Matter upon the nether Joints, in the Extremities of the Body, where it generates a regular Fit of the Gout: And under these Circumstances, though the Pain be exquisitely sharp, and makes very sensible Impressions upon the suffering Organs, yet the Paroxysm is short, soon over, and the Patient, as the fine Weather comes on, quickly recovers the Strength and Use of his Limbs again; whereas, when it seizes, during the autumnal Quarter, or what we call the Fall of the Leaf, the Fits then generally are imperfect, the Pains more dull, languid and wandering: In these Cases, the Symptoms are longer, more tedious and defecting; whence the Gout often divides into divers broken Paroxysms, which hold the Patient, under Duress, for three, four, or sometimes five or six Months, as was the Case of most arthritic Patients in the Autumn of the Year 1750, when it was judged, that there was somewhat of a gouty, contagious Quality diffused through the Air.

BUT not only the Air, in the various Seasons of the Year, but also the Aliments, we take for our Nourishment, may prove equally unfriendly to gouty People, and as well be the Cause of a Fit, as lay the Foundation of
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the Disease itself: For the more we live upon a Diet of saline Meats, the greater Quantities of saline Humours we croud into the Blood; the more of these saline Fluids are separated by the secreting Strainers in the Joints, destined for the Motions of the Hands and Feet; and the sooner will the gouty Fit be produced, in the Extremities of the Body: And though, from a too great Indulgence, in Meats and Drinks of a high Relish, and fine Flavour, all these Calamities enumerated, in the preceding Pages, are sure to fall upon the Patient (if a premature Death does not cut him off in the Prime of Life) yet it is the Misfortune of Mankind, that, though they see these Things before their Eyes, and daily hear the miserable agonizing Groans of their distracted Friends, yet they will not be wise and reflect upon Consequences, till they come to feel the Pangs, Anguish, and Torture, they are sure to bring upon themselves, by this polite Way of Living.

FOR tell a young Spark, never so often, in the Prime of Life, the baneful Effects his frequent Debaucheries will have upon him; show him, in the clearest Point of View, how dear, ere long, he must pay for those poignant Sauces, and delicate Cates, that

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lose their Relish, the very Moment they are down in the Stomach ; point out to him in the strongest Lights, and liveliest Colours, the exquisite Greatness of the Pains he is to suffer ; the restless Nights and Days, he will be obliged to go through ; and the melancholy Anxiety he is sure to labour under, during the agonizing Paroxysm of the Gout ; yet you may as well speak to the Air, and give your Breath to the Wind, as strive to reclaim young People from a vicious Course of Life ; for the Anxiety and Pain, not immediately felt, will be totally disregarded ; and till the exquisite Touches of a sudden Fit, rouse, rack, and torture him into a Sensibility of Reflection, he will not attend to any one Thing you can say ; but as soon as the Tragedy begins, then too late he cries out — O that I had been wise ; that I had considered this, and given due Attention to the good Advice of my dear Friend ; for now I would give all the World to be rid of this damned, (I now speak the very Language of these Gentlemen) cursed Pain of the Gout. And this more particularly is the Language of gouty Persons, when the Gout is imperfect ; and the Fits long, tedious, and divided into divers, harrassing Periods or Paroxysms. In short,

short, I shall say no more, but that if Men will not foresee the Effects of a luxurious Diet, they must necessarily feel the Consequences, that will certainly follow, on a Life led, in all Manner of voluptuous Living.

I AM extremely sensible, that divers Authors reject excessive Venery, and will not suffer it to be ranked amongst the proximate Causes of the Gout; but I am fully persuaded, that it often may be, and frequently is, a dependent Cause; and the Reason is plain; for those that live high, and eat and drink delicately of the most voluptuous, saline Aliments, necessarily heat, inflame, and corrupt the Blood, and consequently stimulate the Imagination to more frequent Acts of Venery, than is consistent with a regular State of Health; these frequent Excesses very much impair the Action and Powers of the generative Organs; and, by too frequent Discharges of the richest, and most spirituous Juice or Balsam, render the Faculties of all the Senses effete, and languid, in all the Actions of Life: And if, under these Circumstances, Strengthenough remains, in the Heart and Arteries, then the saline Humour obstructing in the superior Organs, the Effect of a poignant salacious Diet, will be flung

upon the Joints, in the Extremities of the Body, where a Fit of the Gout is the natural Consequence: But if the vital Organs are unable to accomplish this Event, by Reason that the Quantity of Obstructions are too great to be overcome, then the Matter, causing the Disease, either falls upon the Lungs, and subjects the Patient to an Asthma, or wasting Decay; or the sharp, acrid, saline Humour, frets and tears the fine Coats of the Lymphatics, and so subjects him to an Ascites, or incurable Dropsy; or it takes to the Head, and falls upon the Brain; and so he finishes his Life, by the fatal Stroke of an apoplectic Fit.

Now, when once the Patient has passed the Rubicon, or fiery Trial, that is, got over the first Fit (which is always the sharpest and most painful) then the succeeding Paroxysms are often excited from very trivial, and sometimes unheeded Causes: For the Patient has been known to suffer a gouty Fit, from much Walking, or over-violent Exercise: The same has been brought on, from a sudden Turn of the Hand, a Wrench of the Foot; or striking of either suddenly against a Bar, Post, or Door: The same we often observe to happen, from an over-Night's Debauch,

bauch, or the taking of Cold, especially if the Fits happen in the Spring or Fall of the Leaf : But, in my Judgment, it is almost impossible for any Person to suffer under a gouty Paroxysm, unless the Digestions of the Stomach and Viscera are impaired, or the Secretion of the Kidneys vitiated, or the Discharge, by the cuticular Pores, obstructed; for unless one or other of these Discharges be impaired, which furnish out the proximate Cause; I cannot conceive how the gouty Humours can be determined upon the Joints, or a Fit of the Gout lodged in either the Hands or Feet : And as Occasions must be offered, to bring on the Disease, so we say, these Fits arise from instrumental, occasional, or accidental Causes : And thus I have laid before the Reader, in as brief and concise a Manner as possible, the various Causes of the Gout, as they either affect the superior Organs of the Habit, or, by the Strength of Nature, are flung upon the Joints, in the Extremities of the Body.



S E C T. XII.

Of the Choice of Air most friendly to gouty People ; and of the several Situations and Places, most proper under the various Stages of the Gout.

BUT before we can properly proceed, to make any considerable Alterations, in the Gout by Medicines ; before their Application can be regularly adjusted, in any one Stage of the Disease, I judge it highly necessary, that, in the first Place, we proceed to direct the Air, regulate the Diet, and adjust the Exercise and other Non-naturals, in such a Manner, that those Principles, whose improper and irregular Influence, brought on the gouty Paroxysm, may now, by a right regulated Regimen, be made subservient to its Relief.

AND as the Gout is a Disease, attended with the most exquisite Pains, from the extreme Sensibility of the Parts affected ; and, of all other Diseases, makes the quickest Transitions to the various Organs, from the Activity of the Causes ; so it seems incumbent upon the Physician, that he attempt to discover

cover a System of Air, Diet, Exercise and Medicine, that may assuage the Pain, relieve the Obstructions, attemperate the saline Humours, and restore the affected, gouty Organs to their former Tone again.

AND as the *Materies Morbi*, or what we call the gouty Cause, arises from a hot, subtil, volatile, saline Fluid, generated in the Stomach, circulated with the Blood, and, at last, secreted in the fine, nervous Fibres, and Glands of the Joints; so to clear the Body of so mischievous a Guest, it will be highly necessary to alter, attemperate, and change the whole Constitution of both Solids and Fluids, that a good Digestion, in all the several Organs, may be perfectly restored; for where there is an universal, good Digestion, Separation, Assimilation, and Excretion of our Aliments, there, not the least Obstruction can possibly ensue; nor is it conceivable, that the least Symptom of the Gout can invade a Body thus happily tempered: And how the Air, Diet, Exercise, and the Government of the Passions, may be properly adjusted, and rendered serviceable in assisting to relieve the Gout, I come now to consider.

WE find by Experience, that the Air, during the Spring and Autumn, are more

concerned in exciting a gouty Fit, than in furnishing out the Materials of the Disease itself; and therefore I shall say little of those Qualities, in this fine elementary Fluid, necessary to relieve the gouty Paroxysm, because every one knows, that the Patient, most commonly, is obliged to continue in the Place, where the first Fit happens to seize him: And though Dr *Sydenham* advises Gentlemen, under the Gout, to rise up, even in the Fit, if possible, and get into a Coach or Chaise, for the Benefit of the Air; yet I openly declare, that this is wrong; for Exercise, in the gouty Paroxysm, often encreases both the Pain and Inflammation, and sometimes obliges the gouty Cause to rise up into the Stomach, or fall upon the Lungs, to the great Detriment of the Patient; for, in all gouty Paroxysms, there is nothing so proper, as to suffer the gouty Cause to subside, and settle down into the Limbs, where it will kindly discharge, by a gentle Perspiration.

THE Choice of Air, is of that high Importance, in all gouty People, that I am surpris'd, the Gentry of this Nation do not make much more Account of it, than they do; for this fine, aerial Fluid is the most sovereign

vereign Balsam in Nature, and not only continues our very Being, but mightily contributes to our Well-Being in Life; for the Air we breathe, is not only taken in, at the Mouth and Nostrils, but there are imbibing and exhaling Vessels, that take in and discharge this imperceptible Fluid, at every Pore of the Body; and this fine, subtile, Halitus, we call Perspiration, is distinguished from the Sweats we discharge, from the violent Exercise, often necessary to procure the latter.

BUT though the Intenseness of his gouty Pains, so shackles his Limbs, for the present, that they will not suffer him to remove, for the Benefit of this salutary Element, yet as soon as ever he has got clear of the Fit, I would, by no Means, advise him to continue near the smokey Walls of this large City; for not only the Smoke and Sulphur of the Houses, are extremely offensive to his weak and tender Nerves, scarce recovered to their former Tone; but the various Stenches issuing from Slaughter-Houses, Poulterers, and other Dealers in putrifying Objects, must greatly affect the Spirits, and not a little incommode Persons labouring under a gouty Fit: And therefore my Advice is, that, as soon

soon as ever he is able, let him remove, for a Season, to *Hampstead, Highgate*, or some other of the adjoining Villages, and there take the Benefit of the fine, open Air, in a Morning, upon *Hampstead Heath*, or *Highgate Common*.

BUT, not only the Situation of Places is to be well chosen, great Regard also is to be had to the Times and Seasons of the Year; and for this Reason, the dawning Spring is much preferable, in the Gout, to that Period we call the Autumn; the kindly Warmth of Summer, to the stormy Season of bleak, rough Winter; for these agreeable Seasons of the Spring and Summer, melt down the viscid Humours, render the fizy Juices more fluid, whereby they more readily come to the Test of the Strainers, and discharge by Perspiration, while the cold, chilling Winter obstructs all the Secretions, increases a Coluvies of viscid, sharp Humours upon the Joints, whereby the gouty Fits are rendered long, tedious, and extremely tiresome; and therefore, during the Winter Quarters, I would advise the Patient, never to expose himself much to the cold Air; for divers, presuming too far upon the Strength of Constitution, have brought on an unseasonable Relapse,

Relapse, of very dangerous Consequence to the Welfare of the Patient.

HOWEVER, in all Cases of the Gout, the suffering Person ought, above all other Things, to regard his own Constitution, and Temperament of Body, and take Care to fix his Residence near some Village, remarkable for a fine, clear, balsamic Air: Let the Place of his Habitation, if possible, be free from great Woods, high Mountains, and dampy Swamps; situated in a plain, champain Country; on a Ground rather somewhat rising, where nothing may intervene, to obstruct the pure Breeze of this fine, balsamic Element: Indeed, here in *England*, I prefer, for gouty People, a Situation somewhere in the Out-skirts of *Middlesex* or *Surry*, to all other Counties, I am acquainted with, if the Choice of Air only is consulted; but if the Waters also are to be taken into the Account, then the City of *Bath* will be found preferable; for I am fully persuaded, that no other Fluid so readily dissolves the gouty Salts, and discharges them by Perspiration, as the *Bath-Waters*.

AND as the Air, Place, and Situation are Points, by no Means to be despised, by People subject to the Gout; so they ought to be
equally

equally careful of their Times of Sleep and Watching; for though young Arthritics will indulge a little more Liberty, yet it highly concerns all gouty People, after they are turned of Fifty or Sixty Years, not to impair their Healths by late Hours; and therefore here I shall lay down one inviolable Rule or Principle, which, if steadily pursued, will not only prove the most healthful to the Body, but, when Custom has rendered it habitual, most pleasant to the Mind also: And that is, to go to Bed in the Winter at ten of the Clock, and rise at six or seven; or at the same Hour in Summer, and rise at five, will be an excellent Means, to prevent the Nerves and muscular Fibres from being too much soaked in Down and Feathers: And for this Reason I advise all Arthritics to lie upon a Mattress, as the best Means to strengthen the Constitution, and restore the Tone of the animal Fibres.

Now as the Patient advances in Years, grows old in Infirmities, and is successively pestered with Cramps, Spasms, and benumbed Limbs, so then it is not the cold, bleak Air, near any of the Villages of *London*, *Bath*, or *Tunbridge*, that will relieve his gouty Symptoms; but my Advice is, that he
either

either keep within Cover during the five bleak Months of *November, December, January, February,* and *March*, or immediately, before the chilling Winter sets in, post away to *Lisbon, Naples,* or some of the southern Provinces of *France*, where he will certainly find great Relief to his maimed and benumbed Limbs: However, I do not advise this Course, as if I had ought to accuse my own Country; for I think *Britain* (all Things rightly considered) the noblest Country in the World; but I really advise the Patient to this Change, as I know a more serene and temperate Air, will give him a fresh Supply of Strength and Spirits, and enable him to pass the Remains of Life with greater Vivacity and Vigour; and if, in his Tour, he takes a Jaunt to *Aix la Chapelle*, in *Germany*, and drinks the Waters of that Place, I should like it so much the better; for the *Aix la Chapelle* Waters powerfully open the gouty Obstructions, melt down all saline Humours, and restore the Tremblings, Numbnesses, and paralytic Disorders of the Limbs; they also mollify the hard, crisped-up Ligaments in long Gouts, supple and relieve the over-contracted Tendons, and restore the Organs of the Feet, Legs and Hands to their former Tone again, whereby

whereby the Patient is enabled, to drag on a tolerable State of Life.

BUT if his Circumstances, or Way of Business, will not suffer him to travel for the Benefit of his Health, then, as much as possible, let him keep under Cover; and, by no Means, expose himself much abroad, during the five, bleak Months of Winter; but confine himself to live in warm Rooms; to lie in warm Beds; and now and then to solace himself with a Glass of good, generous Wine.

S E C T. XIII.

Of the Meat, Drink, and alimentary Fluids, most proper to relieve the Gout, during the Paroxysm; and while the Torture and Anguish is strong upon the Patient.

HAVING, in the preceeding Section, discovered the great Advantages of a fine, clear, warm, balsamic Air, and how much the Change of Situation and Place, contributes to the Relief of the Gout; I come now to consider the Foods and Aliments most proper to assuage the Symptoms, restore

restore Nature, and relieve the Patient, under all the Branches of the Disease: And this Principle of Diet is of that extraordinary Importance, that the most consummate Medicines will prove of very little Avail, without the Assistance of an abstemious Diet.

I WISH with all my Heart, that Gentlemen incident to the Gout, would seriously reflect, that undoubtedly there was a Time, when not the least Symptom of the Gout affected either their Hands or Feet; a Time, when their several Organs were perfectly free from all painful Impressions; and a Time, when not the least Trace of a material Cause, the Ground of all Heat, Pain, and Inflammation, was attached to any of the Organs, in the Extremities of the Body: And if these Things were so, then there must necessarily be a Time, when this material Cause began first to exist; a Time, when the Symptoms of the Gout began first to affect the Patient with a regular Paroxysm; and these Things, as they lie in Train, we can conceive to arise, from no other Origin, than an irregular Diet, when the Patient indulged too much upon Aliments of a fine Flavour, high Relish, and saline Poignancy, whose too liberal Use brought on the Disease, exasperated

exasperated the Symptoms, and rendered the Paroxysms most exquisitely sharp and sensible; for, without all Question, the Seeds of the Disease were derived from such Causes, as I have, in the preceeding Pages, assigned; a continued Course of Luxury and Indolence matured them for the Birth; and Time, and the Powers of the Constitution, brought forth the first Fit of the Gout.

Now, as the Salts of our Blood, when in Excess, constitute the Cause of the Gout, and bring on the Paroxysm, so no Powers in Nature can destroy these Salts, and eradicate the Seeds of the Disease, unless we can make a total Change in the Humours of the Body; nor can this Purpose be fully accomplished, without the Patient will steadily pursue a Method of Diet, directly contrary to that, which brought on the Disease.

EVERY Physician, that has the Health and Welfare of his Patient at Heart, will be careful to observe the Tendencies of Nature; and the Tendencies of Nature are always employed to drive the gouty Humour to the Extremities of the Body, that there it may discharge, by the cuticular Pores of the Instep and great Toe: And where Nature is too weak and feeble, to do this of herself, it is then

then we are to assist her with an appropriate Diet : But after the Gout is got into the Hands or Feet, I then advise a Diet more light, thin, and temperate ; and such Medicines as may oblige the gouty saline Humour, to breathe forth through the Joints of the particular Organs affected in the Disease.

N o w, there is nothing that so mightily contributes to the Relief of the Gout, as a well regulated Temperance : And therefore, under a regular Fit, where great Heat, Pain, and Inflammation accompanies the Disease ; I always prescribe much the same Diet, as I would advise in an acute Disease, or chronic Disease with acute Paroxysms : And for these Reasons I order the most soft, thin, and attenuating Fluids ; and those that will lay the least Stress upon the digestive Powers ; as plenty of Sack-Whey, Water-Gruel, and thin Panadoe ; and if the Body be too laxative and open, then a Whey turned with red Port-Wine is of admirable Service : For his Breakfast let him drink two or three Dishes of Chocolate, Tea, or Coffee, with a Toast, or Slice or two of Bread and Butter ; or if he takes a couple of Dishes of Buc-Bean Tea, the Infusion of which Herb, I prefer to all the rest.

THIS is the safest Diet you can use, in all gouty Fits, where the Paroxysms are regular; and will more readily facilitate the Solution of the Disease, than any other Method you can use: And these softening Water-Gruels, Panadoes, Teas, above prescribed, I sometimes advise to be made with *Bristol Water*, as more light, penetrating, and strengthening; or if the Body be costive, I sometimes order these attemperating Liquors to be made with the *Dulwich Water*, the most light of all the mineral, purging Waters, and which sometimes disposes the Patient to a Stool, of great Efficacy, where that Discharge is necessary, as sometimes happens, after the gouty Cause is got into the Hands or Feet.

IN short, the acute Paroxysms of chronic Diseases, are to be treated, much in the same Manner, as the Symptoms of acute Fevers, save, that as the Fits of the former are usually local, and not universal, so the Sack-Whey, and other alimentary Liquors in the Gout, may be made more stiff of the Wine, as it is to be presumed, the greatest Quantity of the gouty Cause is got into the Hands or Feet; where it is to be religiously preserved, and no Means used, to cause it again to return into the Habit.

Now

Now, it is impossible to alluage the Pain, Heat, and Inflammation, or take off the raging Torture of the Fit, unless we institute a Diet, that may destroy the gouty Cause in the Blood, and generate a fine, soft, smooth, lubricating Lymph in its stead : This is the Reason, why I often, in the Gout, prescribe Sack-Whey ; or a Pint of good old *Canary* added to a Quart of new Milk-Whey, to be drank warm, and alternately, to be changed, for a Draught of the common Emulsion : Nor, if the Patient be young, do I suffer him, in the gouty Fit, to use much of either the *Madeira* or Mountain Wines, as is the Practice of many, especially while the Gout is recent ; for these strong, heavy Wines, mightily abound with hot, fiery, fretting Salts, that are an Ingredient of the gouty Cause, and which, when liberally drank, not only contribute to the Generation of the Gout, but also to the Prolongation of the gouty Paroxysm.

THIS is the Method I usually advise in the Gout, when the Fits are recent, and the Patient not much advanced in Years ; but as I visit People more in Years, so I prescribe a Diet more appropriate to their Age, Temperature, and Constitution of Body ; in this Case, if the Gout is of several Years stand-

ing, and the Fits are long, tedious, and painful; I then advise half a Pint of Rum to be mixed with a Quart of the *Bristol* Water, and the Patient to drink it down by Draughts, as warm as he can, which will fling him into a warm, breathing Sweat, and thereby make a Solution of the gouty Fit, as soon as possible: But I seldom or never advise this Mixture, but to Persons that either have long laboured under the Gout, or are pretty much advanced in Years, and therefore are subject to irregular Fits; or to have it now and then in the Stomach; in all which Cases it gives speedy Relief.

DURING the Remissions of the Fits, I permit the Patient to live a little more freely, and suffer him, for his Breakfast, to eat a Mess of Chicken Broth, Salop, Sagoe, Milk-Pottage, &c. For his Dinner the Wing of a Chicken, or the Leg of a Rabbit, Pig's Petitoes, with the Appurtenances minced: In the Afternoon he may take a Jelly in a little White Wine; or if his Spirits be faint, let him recruit them with the following: Take two Ounces of Rum, four or five of *Bristol* Water, in which dissolve a Jelly, and add a little Acid and grated Nutmeg; and for his Supper he may eat a Mess of Rice-Gruel or Panadoe,

Panadoe, made with the finest Sea-Biscuit; or if it better suits his Appetite, he may have a Slice of Bread and Butter, and half a Pint, or better, of a fine, soft, flowry Ale: But in using the *Bristol* or *Bath* Water, I would advise the Patient to put a Handful of Oatmeal-Flour into every two Quarts of the Water, and, after stirring it, let the Water stand; upon which the Oatmeal will subside and settle, and render the Water as bright and clear as Crystal; for the Oatmeal being a powerful Alkaly, strongly attracts and imbibes all the acid Salt: This Fluid, sweetened with Honey, and drank a little warm, becomes extremely soft, pleasant, and salutary to all gouty People.

S E C T. XIV.

Of the Meat, Drink, and alimentary Fluids, most proper to relieve the Gout, and prevent the Return of the gouty Paroxysm, after the Patient is freed from his Anguish, and got clear of his Dolors.

HAVING done with a Diet, most proper, in all gouty Fits, I come now to consider the Regimen and Aliments, most necessary to prevent the Return of the gouty

Paroxysm; once the Patient has got quite clear of its Tyranny: And if we consider the Nature, Properties, and Complection of the Gout, we shall readily perceive, that there is no one Disease, in the whole Republic of Physic, that requires so much critical Knowledge in adjusting a proper Diet, as is necessary, under the various Appearances of the regular Gout.

WE observed, in the preceeding Pages, that the constitutional Principles, causing the Gout, were a Weakness of the Stomach; a Weakness of the Joints, and a superior Force in the Organ of the Heart; and that the material Cause arises from plenty of saline Humours, generated in the Blood, from living much upon saline Foods, and Aliments, of a high-seasoned Relish: And therefore, it is necessary to institute a Diet for the Patient, that may destroy the material Cause, strengthen the Stomach, nourish the Joints, and restore a full and free Perspiration; for the Obstruction of this Discharge, is the sole Cause, why the Motion of the Heart is irregular in the Gout, and forces the Blood and saline Humours upon the Joints.

AND, therefore, I advise the Patient to be highly careful, after he is freed from the
gouty

gouty Paroxysm, that he steadily attempt to change the Disposition of the gouty Cause: This he must do, by a Diet and Aliments, that attemperate the saline Humours, strengthen the several affected Organs, and prevent the Return of the Paroxysm: And though a larger Indulgence may be allowed the Patient, during the Intervals of the Fits, yet if he proceeds to debauch his Constitution with salacious Foods and high-seasoned Aliments, just after the Paroxysm has left him, and before his Limbs are perfectly restored, he will in all Probability suffer a Relapse, of very dangerous Consequence, while the muscular Fibres of the Joints are green, and scarce recovered to their natural Tone again.

As most gouty People have keen Appetites, and mightily delight in all manner of savoury Meats, whereby the gouty Salts are crouded into the Blood, and, by the Strength of Nature, flung upon the Joints in the Extremities of the Body; so the Patient ought to be highly careful, not only to adjust the Diet to the digestible Powers of the Stomach, but also that he live upon Aliments of a Nature, contrary to those, that brought on the Disease: In this Case I prescribe all manner of Milk-Meats, which are experimentally

known to be the most sovereign Remedies in all gouty Affections, if properly and discreetly used, and not too rigidly insisted on in the Beginning of the Gout: This noble, balsamic Fluid agrees with most People, and all might receive Benefit from its nourishing Influence, if it were rightly applied; for Milk consists of a soft, oily Sulphur, joined with a ferous, thin, attenuated Phlegm, whose Substance, being of a light and easy Digestion, lubricates the Solids, attemperates the sharp Humours, and prevents the saline Fluids, as they come to the Joints for Secretion, from uniting to form Obstructions.

HOWEVER, we read of divers, that, by a total Abstinence from Flesh-Meats, Wine, and other salacious Aliments, have been perfectly recovered from the Gout, yet some of those, that have gone into this rigid Course of Milk and Vegetables, have declared, that they would rather choose to die, than continue to live, thus excluded from all the social Comforts of Life: Nor can I see any manner of Occasion, for these Austerities, and why a temperate Diet, upon the lightest animal-Foods, joined with Vegetables and Milk, may not contribute as much to destroy

stroy the gouty Cause, as entirely to live upon Milk alone, or Milk and Vegetables jointly, as some People earnestly contend for : Besides, those that have been relieved, by a total Abstinence from animal Foods, if, afterwards, they returned to their former Way of living, either suddenly expired, or if they escaped the fatal Stroke of an Apoplexy or sudden Death, yet experienced more severe Pains and Tortures, than ever they suffered, before they came into that Change of Diet : For though Milk-Meats, and a soft, lubricating Diet upon Vegetables, may keep off the gouty Fits, by destroying the gouty Cause, yet they do not give that Strength and Vigour to the Constitution, which Bodies necessarily receive, from a regular Diet upon animal Foods, but often, upon taking Cold, subject the Patient to severe rheumatic Pains, or the Sciatica, that sometimes stand by him, the longest Day he has to live.

AND, therefore, great Allowances are to be made in Diet, according to the Difference of Constitution, and as the Patient is more or less advanced in Years, and as the Disease is more or less inveterate : For these Reasons, I advise the Patient, in the Intervals of the Gout,

Gout, to make his grand Meal, upon the youngest Animals, Vegetables, and those Parts of either, that produce the most Nourishment in the least Quantity of Bulk ; for the youngest Animals contain the lightest Salts, which have the least attractive Force ; and consequently are not so apt to come into Contacts with each other, in order to form the gouty Cause, as Animals of larger Bulk and greater Age are known to do: And, therefore, in this Case, I prefer Lamb, Veal, Pig, Turkey-Pouts, Chickens, &c. Of Birds, Larks, Quails, Woodcocks, Partridges, Otterlins, &c. Of Vegetables; Asparagus, Broccoli, Artichokes, Turnips, Parsneps, Potatoes ; for his Supper he may take a Mess of Flummery, with a little Wine, Ale or Milk, as may best suit his Stomach, or a Mess of Chicken-Broth, or Milk-Pottage, which I prefer to all other Aliments for his Supper.

BUT, above all other Things, let the Patient, as much as possible, avoid all manner of savoury Meats, spiced Foods, and Sauces of a high Relish ; for every one knows, that potted Venison, salt Hung-Beef, and *Bologna-Sausages*, derive all their Poignancy from their Salts: And the Delicacy and high Flavour, peculiar to Sea-Fish, Wild-Fowl, and
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some Kinds of Venison, are owing to their abounding so much with those active Salts, that, when once got into the Blood, lay the Foundation of the gouty Cause: And as we more or less indulge in these relishing Aliments, so sooner or later will the gouty Fit be generated in the Joints, situated near the Extremities of the Body: For it is the Opinion of *Hippocrates*, *Galen*, and all the great Writers of Antiquity, as well as the Sentiments of the more modern Physicians, that the Gout is not to be relieved without strict Temperance; I add, that in divers Cases a most consummate Abstinence is absolutely necessary, if ever the Patient expects to get rid of the Gout with Safety to his Person.

HOWEVER, give me Leave here, to speak a Word or two, concerning the Nature and Properties of Venison: I take Venison, especially a noble Haunch of a well-grown*, a well-fed†, and a well-fatted Buck‡, to be now and then as proper Aliment for the gouty Person, as he can fasten his Teeth upon; nor do I believe, any gouty Patient ever yet received the least Detriment, from a

* Between seven and eight Years of Age.

† Pasture or Forest, not Park-fed.

‡ A Buck is usually fattest near the Middle of *August*.

moderate

moderate Use of this delicious Food ; for, of all other Meats, a Haunch of Venison is the easiest of Digestion, and, in most People, goes clean off the Stomach, without the least perceivable Resistance, that is, neither Acid-Gulpings, nor sour Eructations ensue ; and, when got into the Blood, performs all its Offices of Separation, Secretion, and Excretion, in the least Compass of Time : I confess that Venison is a high-flavoured Aliment ; I acknowledge also, that it much abounds with Salts ; but then its active, volatile Salts, are most of them seasonably flung off by Urine, Sweat, and insensible Perspiration ; so that, of itself, it seldom can create any Depredations upon the Constitution of the several Organs, liable to be affected with the Gout.

BUT the Misfortune of all is, that your stanch Venison - Eaters too much moisten this delicate-flavoured Food, with *Burgundy*, *Champaign*, and other rich Wines of a high Flavour, whose active Salts, easily unite with each other in the Blood, form the gouty Cause, and are, in Time, flung upon the Joints in the Extremities of the Body : But it is my Opinion, that if the gouty Patient, instead of *French* Wines, usually drank at Venison-Entertainments, will be pleased to wash

wash down his Venison with a temperate Use of a good, soft, fine Ale, not too new, it will lessen the Damage (whatever it be) that can possibly happen, from his now and then indulging his Appetite, upon a Haunch of a well-fed Buck.

BUT, to keep clear of the Gout, it highly concerns the Patient, to be particularly careful to proportion the Nature and Quantity of the Aliments to his digestive Powers, and never to overload the Stomach ; for when a Person has eat more, than he can digest, about an Hour after, he will find himself drowsy, listless, and subject to frequent Rists and Belching of Wind from the Stomach ; and, therefore, this Default, let him take Care to rectify, in his succeeding Meal, which will be a Means to bring all to-rights again : For of this I am well assured, that while a Man eats and drinks nothing more, than what his digestive Powers can master and subdue, that neither Gout, Stone, nor any other Disease, can possibly lay hold of his Constitution.

HAVING adjusted the Aliments most proper in the Intervals of the Gout ; I come now to consider what Fluids are necessary to quench the Thirst, digest the Aliments, and convey

convey the Foods into the Blood, for his Support and Nourishment : And I am very sensible, that, about forty or fifty Years ago, it was the prevailing Custom of Physicians, to advise their gouty Patients, to drink the strongest Wines they could get, as *Madeira*, *Mountain*, and the like; and these they were to take in large Quantities, to keep the Gout out of their Stomach, as they then pretended: But Time and Experience discovered, that drinking large Quantities of those strong Wines in the Gout, was a very destructive Measure, and rather hastened on, and improved the gouty Fits upon the Constitution, than impaired or lessened the Disease: These Wines, that abound with hot, fiery Spirits, over-heat the Body, inflame the Blood, generate the gouty Salts, and thereby too much dry and crisp-up the nervous Solids, upon which they lose both their Sensibility and Tone: And, therefore, I advise a Pint of Red Port, with double that Quantity of *Bristol* Water, to be drank warm, as the most sovereign Beverage he can possibly drink at his Meals, to quench his Thirst, moisten the Body, and dilute the Humours, especially when the gouty Fit has left him.

WHEN the Trade of *England*, in some Measure, changed Hands, and made it our Interest to drink Port, instead of *French* Wines, these strong, heavy Port-Wines, were found, at first, highly prejudicial to *English* Constitutions ; for, drinking them not above a Year old, or at most not above a Year from the last Vintage ; and that before their saline Tartar was subdued by annual Fermentations, they subjected divers hard Drinkers to Palsies, Apoplexies, and sudden Deaths, till, maturely considering the Cause of these fatal Diseases in a true Light, they came into the Practice of keeping these Port and *Spanish* Wines, at first, two, three, and four ; and at last, five, six, or seven Years, which mightily meliorated their Natures, and rendered them much more friendly to the Constitutions of *English* Bodies, than what they were before.

AND, therefore, I must declare it, as my Opinion, that, light, bright, Port-Wines, (where they have been kept a due Time,) much better agree with an *English* Constitution, than those frippery *French* Wines of a flashy, vapid Nature, whose Spirits evaporate before they are well down in the Stomach : And though *French* Wines, when
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good of their Kind, are usually light, bright, enlivening Fluids; have a fine Flavour, and are somewhat more relishing upon the Palate, and much more proper to be drank in Quantities, than *Spanish* or Port; yet, as they are seldom kept, till they are old, so it rarely happens, that the Points and Edges of their Salts are sufficiently broke and subdued; so that the digestive Powers can only disengage them from the Spirit and Phlegm; whence they prick and goad the fine nervous Fibrillæ, and thereby hasten upon the Patient a Fit of the Gout, and sometimes worse Consequences.

BUT though Wines are generally preferable to all other fermented Liquors, yet undoubtedly Water, the universal Drink of all Animals, is the properest Fluid to digest the Foods, we take for our Nourishment; and as I prefer the *Bath*-Water in the Paroxysms of the perfect Gout, because of its sulphurous Qualities; so, in the Intervals of the Fits, I would advise the *Bristol*-Water, as preferable to the former; and indeed, in all Diseases, where there is much Phlegm in the Constitution, there the *Bristol*-Water is an admirable Remedy; for it melts down, separates, and dissolves all phlegmatic Humours, whether in the Stomach, Breast,
Lungs,

Lungs, or Interstices of the Joints, and carries it off either by Urine, Stool, or an enlarged Perspiration, to the great Emolument of the Patient: In short, whoever will abandon all other Liquors, and continue to drink a fifth Part Rum, and four Parts warm *Bath-Water*, while the gouty Fit is in his Joints; and a third Part Rum, and two Parts *Bath-Water*, while the Gout is in his Stomach, shall find a Relief greatly superior to his most sanguine Expectations.

BUT, if the Patient, from Use, Habit, and Custom, is not to be brought to a total Abstinence of Wine, I lay it down as a general Rule, that all Wines, the older they are, the better; so the Body of the Wine is not too much broken with Age: The Reason why I prefer old Wines in the Gout, is because, if the New are liberally drank, they fail not, in their various Circulations, Separations, and Secretions, to prick and goad the fine Fibres of the Organs, and, in Time to destroy the exquisite Touches of the most sensible Nerves, while Wines, that are suffered yearly to ferment about the Vintage-Time, by their tumultuating Conflicts, grind down the Points and Edges of the vinous Salts, whereby they become more friendly

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to the Constitution; so that a Man had better drink a Bottle or three Pints of good, light, bright, old Port, four or five Years old, than a single Pint of the same Wine, that has not stood a sufficient Time, to subside, settle, and finish its Fermentations; for these new Wines coming into the Stomach, and mixing with the Aliments, have their Salts, by Force of the digestive Powers, unsheathed, and disengaged from the Phlegm; whereby they often produce Heart-burnings, racking Pains in the Bowels, and Bloody-Fluxes; and, if liberally drank, subject People of weak Nerves, to Spasms, Tremors, and paralytic Affections, the inseparable Companions of the Gout, once the Disease has been of any considerable Standing.

BUT of all vinous Liquors, *Champaign* seems to have somewhat peculiar, in the Mixture and Composition of its Principles; for the Salts of this delicious Wine are more brisk, lively, and active, than in any other vinous Fluid whatever: And, therefore, they do not only immediately pass the Stomach, enter the Lacteals, and assimilate with the Blood, for the Revival of the Spirits; but, by the Force of the Heart and Arteries, are driven

driven to the Surface of the Body, where they quickly discharge, either by Urine, Sweat, or an enlarged Perspiration: Nor do I know that they ever create a Fit of the Gout, unless they entangle with the gouty Salts, in the Habit, and are forced upon the Joints, in the Extremities of the Body; but even there, as they are extremely light and volatile, so they quickly pass off by the Pores of the Instep and great Toe, and thereby shorten the painful Impressions of the gouty Paroxysm: And this more especially happens, where the Glands of these respective Organs, are loose, lax, and their Orifices open.

WHAT induces me to speak so favourable of *Champaign*, is the Relief that several Gentlemen received in the Gout, from *a good hearty Bottle*: And, conceiving there might be some Magic, in the Words, as one of those Persons expressed a good hearty Bottle, with a very strong Emphasis, I was curious to know, what he meant by the Terms, “a good hearty Bottle of *Champaign*,” and therefore desired him to explain himself upon that Subject; when he, without the least Hesitation, assured me, that he seldom set to it, without two or three Quarts to his Share, and sometimes four: And that, at the last

Encounter, he drank four Bottles himself, tho', at that Time, he was but just recovered from a gouty Fit, and his Feet were then tender; yet he has felt no Return, for a considerable Time; and is in Hopes, the Gout has entirely left him.

I do not presume to reason upon these Principles of *Champaign*, as if I would advise any Person to follow the Example, or pursue these excessive Measures; for though now and then, you may meet with a strong, hale, robust Gentleman, that will drink down the Gout, and be greatly relieved by frequent Debauches, yet where one receives Benefit by hard Drinking, Hundreds, nay I may say Thousands, have multiplied the Fits, and made themselves Cripples; for if the gouty Fits return at all, they are both more violent and excessively painful; and if the gouty Paroxysm does not revisit him, it rarely falls out, that the Patient survives many Years.

HOWEVER, though Wines be grateful to many, yet I am of Opinion, that a fine, soft, flowry Ale, not too much hopped; not too old, but of a moderate Strength, is preferable, in some gouty Constitutions, to all other fermentable Liquors whatever: And a Glass of this light, bright, pale, Malt-Drink, now and then, may prove of singular Service;

vice ; for it is the Opinion of Dr Sydenham, who spoke from dear-bought Experience, that Persons who drink Malt-Liquors, are not only less subject to the Gout, but that the Pains, under the gouty Paroxysm, are less racking to the Patient ; for the Tartar in Wines, freely drank, contribute a great deal to the Creation of the gouty Salts : And therefore, if the Patient will entirely free himself from the Gout, I judge it highly necessary, that he totally abandon the Use of Wines ; for the very Use of this pleasing Draught, will furnish Occasions for its Abuse ; and whoever indulges himself half a Pint, one Day with another, will find frequent Occasions or Opportunities, for a Bottle or two, and sometimes more.

S E C T. XV.

Of Motion, Rest, and Exercise, most proper to relieve the Gout, under all its various Stages.

HAVING spoken pretty largely, upon the Subjects of Air and Diet, I come now to consider the Exercise and Rest most proper, as well during the Course of the

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gouty Paroxysm, as when the Pains are abated, and the Fits have entirely left him: And though divers Gentlemen have treated of Exercise, and said a great many fine Things concerning its Efficacy and salutary Effects in various Diseases; yet few or none, that I know of, have examined into the constituent Principles of this Habitude, or attempted to discover, upon what Grounds, the various Exercises prove so sovereignly helpful to gouty People.

WE observe, that the Body of Man is a most curious Piece of Mechanism, contrived with infinite Art, fitted with exquisite Powers, and finally appointed for attaining the various Actions of Life; and therefore nothing is so necessary to preserve these Powers, under a just and equal Temperature, as a foreign Motion, superadded to the natural Motions of the Solids and Fluids; for we perceive, by constant Experience, that the attracting Principle of the Blood, unassisted by Exercise, is an overmatch, for the Spring of the Artery, whereby the Circulation becomes slower, and the Secretions are both retarded and more viscid, than when the Tone and Force of the Solids are improved and invigorated by proper Exercise: This we may
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frequently observe, in those that live sedentary, unactive Lives, whose Solids are incapable of sending the Fluids to the extreme Parts, with an Impulse, sufficient to perfect the glandular Secretions; whereupon the Salts are easily brought to cohere, unite, and inflame the Parts, that is, produce a Fit of the Gout.

BUT tho' Exercise, and a spare Diet, are the most effectual Means to preserve the Body in Health, yet, under a gouty Paroxysm, I judge Rest, the Bed, and warm Flannels, the best Azyle, that the Patient can shelter himself under, while the Pains are exquisite, and the Inflammation unsufferable: If the Patient, therefore, is not seized in Bed, I always advise him, as soon as possible, to be conducted thither, and, during the Extremity of the Fit, let him lie upon a Mattress, which I always use myself, and advise to others, under either Gout, Stone, or Gravel; for these Measures increase the Perspiration of the Part affected, assuage the Pains of the Gout, and lessen his agonizing Conflicts; but as soon as ever the gouty Fit abates, I would advise him to rise, and sit up in a Chair, with the gouty Legs wrapped up in Flannels, and laid on a Cushion, or if the Hands happen to be the Parts affected,

let them be used in the same Manner, and laid upon a Pillow, as the most proper Means to encourage Nature, encrease the Perspiration of the Part affected, and assuage his Dolors.

I CONFESS Dr *Sydenham* judges otherwise upon this Subject; and, even in the Fit, advises the Patient to get into a Coach or open Chaise, as soon as the gouty Paroxysm will suffer him: But I know, from Experience, that such early Motions and Agitations, will exasperate the Symptoms, encrease the Inflammation, and render the Pains most exquisitely sharp and sensible: However, after the Pains have, in some Measure, left him, and only a Tenderness and Languor remain upon his Limbs, I would, by all Means, advise him to rise, to get into a Horse-Litter (if he cannot bear the Jolting of a Coach) and ride into the open Air, as he can best endure the Fatigue and Motion.

WHEN the Paroxysm is entirely gone off, then he may attend to more vigorous Exercises: And, of all Exercises, I know none so proper to restore the Health and Constitution of the gouty Patient, as riding on Horseback: And it is my real Opinion, that a proper Diet instituted upon the tenderest Vegetables, and the lightest Animals, in Con-
junction

junction with Riding, accommodated to the Constitution and Strength of the Patient, in young Persons, will not only relieve them of the gouty Paroxysm, but also, if they are resolved to be governable, will in Time perfectly eradicate the very Seeds of the Disease; for this Exercise, when properly adjusted, not only greatly contributes to break the Cohesions of the gouty Salts, and blunt their Points and Edges, but, so subdued, obliges them to go off by Sweat, Urine, and an enlarged Perspiration: Therefore, as soon as he is able, let him ride, hunt, and fence; —Fence, I say, as the properest Exercise he can engage upon, to prevent the Return of the Gout into the Hands or Feet; for this Exercise, if steadily pursued, is of great Service to restore and strengthen the Muscles, Tendons, and Nerves of the Limbs, Ancles, and Instep, by those strong Stamps, Pressures, and vigorous Exertions, he is obliged to make, while he learns this noble Science of Defence: Nor are the Hands less active, for, from the Gripe of the Sword, the various Positions, Turns, Passes, and Hah-hah's, during a Rencounter, all the Muscles of the Arms, Wrists, Hands, and Breast, are mightily improved and restored; nor do I
know

know any one Exercise, that so much contributes, both to give a Fit of the Gout, if that is wanted, or prevent its Return, as this of Fencing: For if any gouty Humours remain in the Body, they will, by the Force of this Exercise, either discharge by Perspiration, or be flung upon the Joints, and there generate the Gout, to the great Emolument of the Patient.

As a Succedaneum to Riding, Walking, Fencing, and other Exercises, I would recommend the Use of the Flesh-Brush: Let the Patient, therefore, be well rubbed every Morning, from the Crown of his Head, to the Sole of his Foot, with this Brush; for nothing is so great an Enemy to the Return of the gouty Fits, as an open and free Perspiration in every Part; and nothing so much contributes to an open and free Perspiration, as to curry the Back, Sides, and Limbs, every Morning, with this choice Instrument: Besides the Flesh-Brush scours the cuticular Glands, cleanses their Emunctories, and invites the Humours to the Skin and Surface of the Body, whereby they are prevented from returning inwardly upon the Habit, or falling upon the Joints in the Extremities of the Body.

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BUT, if the Gout happens to arrest the Hands or Wrists, and seems to have a particular Spite at these Organs; then, after the Fit is over, and these Organs somewhat restored, I should prefer frequent playing at Fives or Tennis, as Games that mightily improve the Strength of the Muscles, Nerves, and Tendons, in the Arms, Wrists, and Hands, and thereby prevent the Gout a second Time, from taking Possession of these Organs.

BUT though Exercise is undoubtedly the most sovereign Remedy for the Gout, and Riding the most sovereign of Exercises, yet there is great Prudence to be used, in applying these adventitious Helps to the various Degrees of the Disease, and the peculiar Temperament of the Patient: Nor are his Age and Infirmities to be passed over in Silence; for as Men grow old, as their Limbs become stiff, lame, and crazy, so they may be unable either to walk, go, or ride: In these Cases, I would advise the Patient either to be carried in an open Chaise, or in a Horse-Litter; but I seldom suffer him to make use of the House-Exercises, if he is able to go abroad: However, during the Winter five Months, it will be best for him, to expose himself, as
little

little as possible to the cold Air, unless the Weather is extremely promising; for the least Cold will certainly obstruct the Perspiration of aged People, whose Blood is apt to be cold, poor, and dispirited, and consequently subject him to a Return of the Gout.

To conclude: As he grows listless, indolent, and unwilling to Exercise; so I would advise him, by all Means, to lessen his Diet, and eat a little of every Thing that nourishes much, and affords little Excrement, for, by this Means, he will finish the Dregs of old Age, at least with Indolence, if not with Chearfulness and Gaiety: By this Means alone, *Cornaro*, the noble *Venetian*, lengthned out his Days, and preserved his Senses entire, to a hundred Years: And it was his Opinion, that divers might prolong their Lives to the same Period, were they but constant to a regular Diet, and due Exercise.



S E C T.

S E C T. XVI.

Of the Government of the Passions, and false Appetites, in order to relieve the Gout, as the final End of all our Labours.

HAVING rectified, and adjusted, the various Principles of the Air, Diet, and Exercise, I come now to speak of the Appetites and Passions, which ought, by all Means, to be under a proper Regulation; for all violent Emotions of the Soul, as Anger, Rage, and Fury, elevate the Motions of the Body, inflame the Blood, and, by the forcible Impressions, they make upon the Heart and Arteries, oblige these important Organs to fling the gouty Humours upon the Hands and Feet: And though it is scarce possible to conceive, that these Passions alone, can be either a remote or immediate Cause of a gouty Fit, yet there is no Question to be made, but that, in gouty Constitutions, they can both improve the Paroxysm upon the Joints; be a Cause of its absolute, sudden Cessation, or cause it to continue longer, than otherwise it would have done, had the Patient lived a Life sedate, calm,

calm, and free from those exorbitant Passions.

NOR are the sudden Gusts of Joy, Grief, and Consternation, attended with less violent Effects; for these Passions sometimes so exagitate the nervous System, as to remove the most radicated Fit of the Gout, as it were in the Twinkling of an Eye; as happened to a Gentleman at *Bath*, who could neither stir Hand nor Foot, for three Weeks, under a severe Fit of the Gout; and yet, upon the sudden Cry of Fire, at the next Door, was so animated by the Consternation and Dread of that furious Element, that he took to his Heels, and ran down Stairs as quick as the Nimblest of them all; and for that Time was entirely relieved of his Fit.

AND as gouty People are generally Men of bright Parts, and elevated Sentiments, so the Objects of Sense strike their Minds, with more delicate Touches, than they do others, that are less affected with the Influence of external Objects; and as their Relishes are high, so they love to indulge their false Appetites, cram their Stomachs with the most salacious Aliments, and accumulate upon themselves a heavy Load of Miseries, to be brought into Action at a proper Time; for
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I do aver, that Abstinence, Moderation, and Exercise, with some few Medicines, properly applied, will perfectly conquer the most stubborn Gout, that can possibly attack any Man upon Earth.

IN short, the great Point is, so to write, as to make Men see the Misery, they are to suffer before it comes ; and if they will not see, then, to set these painful Impressions, these restless Nights and Days in so glaring a Light, that they may feel the very Pangs of the Gout, before it attacks them ; for it is an assured Maxim in Nature, that every Man must most surely feel, that will not foresee, and be a Prophet : But it is the Misfortune, that Men of high Characters in Life ; and those that enjoy the public Offices of Government, and possess large Estates in the World, are so indulgent to their Pleasures, and the Modes of Living, that they will pay little Regard to the most cogent Reasons you can give : For the Routs, the Balls, and Masquerades ; the public Meetings, the grand Assemblies, and the frequent Confederacies of the jovial Gentry, often oblige them to transgress the best formed Rules of Living, you can set before them.

AND though, here and there, you may meet with a wise and judicious Man, that knows how to reflect upon Consequences, and will govern his false Appetites, like a wise Man ; yet this is but one of a Thousand ; for most Men are so short-sighted, and Dupes to their Passions, as scarce to see the Way to Happiness, as it lies before them : How properly, therefore, may we apply to Men of this incogitant Way of Living, the same Lesson that *Solomon* observes to the heedless Youth of his Time.—— “ Because I called,
 “ and no Man regarded ; I stretched out
 “ my Arms, and no Man received my wise
 “ Admonitions ; I also, in my Turn, will
 “ laugh at your Calamities ; I will spurn
 “ you from me, when your gouty Torments
 “ come.”

AND as most gouty Affections arise, from too great an Indulgence of the false Passions, and vicious Appetites, so I choose to finish this Work, with those pathetic Admonitions given us, by the learned Dr *Cheyne*, in the Close of his *Essay upon Longevity*.

“ As it is only, saith he, the Rich, the
 “ Indolent, and Voluptuous, that suffer under the Tyranny of the Gout, so those
 “ alone

“ alone can tell, what astonishing Mis-
“ ries Wealth, Vice, and Luxury, often
“ bring upon Mankind; for once the gouty
“ Cause has seized upon the noble Principles
“ of Life, impaired the free Passages to the
“ Brain, and destroyed those fine nervous
“ Fibres, upon whose delicate Tone, and
“ due Modulation, the most exquisite Sen-
“ sations have their chief Dependence; then
“ the whole animal Nature begins to flag;
“ then the joyous, chearful, and exhilarating
“ Ideas are totally shut out from the Mind;
“ then nothing but gloomy Thoughts, me-
“ lancholy Reflections, and black Despair
“ disturb his Peace in the Day-time; hor-
“ rible Dreams, frightful Visions, and ghastly
“ Fantasies, perplex his Soul during the dis-
“ tasteful Period of a loathsome Night.”

UNDER these distracting Cares, who
would not freely exchange the most delicate,
high-flavoured Wines; the richest and most
poignant Dainties; and the most enchanting
Vices, for a Repast upon plain, simple Ali-
ments, attended with a happy Temper, and
a useful, vigorous Life; the inseparable At-
endants of a sound Mind and healthful

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Body?

Body? For after all, it is Temperance alone;
 I say, it is innocent, gay, and joyous Tem-
 perance, alone, that can effectually relieve,
 or totally cure those exquisite Touches, and
 distracting Pains, that inseparably accom-
 pany a regular, gouty Paroxysm.

F I N I S.

